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EUGENE Weekly

YES, WE ARE STILL LOCAL, VOCAL AND FREE EVERY THURSDAY!

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The INSIDE

**HOW TO
MAKE IT
OUT OF
COVID-19
STRONGER**



ISSUE

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Barbecue Sauce

- 1 1/2 cups chopped yellow or sweet onion (1 large onion)
- 3 or 4 cloves garlic
- 1/2 cup grapeseed or other neutral oil
- 1 cup tomato paste (10 ounces)
- 1 cup cider or other vinegar
- 1 cup honey
- 1/2 cup Worcestershire sauce
- 1 cup Dijon mustard
- 1/2 cup soy sauce
- 1 cup hoisin sauce
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1/2 to 1 tablespoon crushed red pepper flakes, depending on how spicy you want it

In a large saucepan on low heat, saute the onions and garlic with the vegetable oil for 10 to 15 minutes, until the onions are translucent but not browned.

Add the tomato paste, vinegar, honey, Worcestershire sauce, mustard, soy sauce, hoisin sauce, chili powder, cumin, and red pepper flakes. Simmer uncovered on low heat for 30 minutes.

Use immediately or store in the refrigerator.

Makes 1.5 quarts- this freezes really well and is good to have on hand. It's better than bottled, in part because you can make it just the way you like it.

StayIn Home Cookin' Time #2

Cole Slaw

This is a colorful and tangy slaw, which is as good topping a barbecue sandwich as it is on the side. Be sure to give it the time for flavors to develop.

(modified from Ina Garten's Barefoot Contessa)

- 2 cups shredded red cabbage
- 2 cups shredded green cabbage
- 2 cups grated peeled carrots, preferably Nantes
- 1/2 cup finely minced sweet onion
- 1/3 cup red wine vinegar
- 1/4 cup sugar
- 1 tablespoon Dijon mustard (such as Edmond Fallot green peppercorn Dijon)
- Salt & freshly ground black pepper, to taste
- 2/3 cup olive oil
- 1 tablespoon caraway seeds

Toss both kinds of cabbage, the grated carrots, and minced onion together in a large bowl. Reserve.

In a small bowl, whisk together the vinegar, sugar, and mustard; season with salt and pepper. Slowly whisk in the oil to form a fairly thick and creamy dressing. Taste and correct the seasoning as necessary.

Pour half of the dressing over the vegetables in the bowl. Sprinkle on the caraway seeds and toss well. Taste; add additional dressing as you like. Cover and refrigerate for up to 4 hours.

Allow to return to room temperature before serving.



Classic Potato Salad

- 2 pounds red and/or yellow new potatoes, quartered
- 1/4 teaspoon salt
- 1 1/4 cups mayonnaise or salad dressing
- 1 tablespoon yellow mustard
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Two stalks thinly sliced celery
- 1/3 cup chopped sweet onion
- 1/2 cup chopped sweet or dill pickles
- 6 hard-cooked eggs, coarsely chopped

In a medium saucepan place potatoes, the 1/4 teaspoon salt, and enough water to cover. Bring to boiling; reduce heat. Simmer, covered, for 15 to 20 minutes or until just tender. Drain well; cool slightly.

Meanwhile, for dressing, in a large bowl combine mayonnaise, mustard, the 1/2 teaspoon salt, and the pepper. Stir in the celery, onion, and pickles. Add the potatoes and eggs. Toss lightly to coat. Cover and chill for at least 6 hours or up to 24 hours.



Whatever else is going on, it's still the start of barbecue season. Our Meat department has lots of good stuff to grill, including chicken and burgers.

Produce is brimming with veggies for salads and toppings.

Our Grocery department has all kinds of condiments and ingredients to flavor your meal.

"Tenderness and Kindness are not signs of weakness and despair, but manifestations of strength and resolution."

~Kahlil Gibran



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letters

HOMELESSNESS IS THE KEY ISSUE

I disagree with some of *Eugene Weekly's* local election endorsements (*EW* 4/23).

I would not re-elect Lucy Vinis as mayor. She and the city she runs have dragged their feet on homeless shelter and affordable housing and seem incapable of ever doing anything quickly. They move at a glacial speed and usually only when pushed.

I will vote for Cliff Gray instead of Claire Syrett because Gray seems a lot more focused on doing something about homelessness. Syrett has shown no leadership and seems to go along with the rest of the city councilors on just about everything.

Ryan Moore instead of Randy Groves because Moore is a young renter and a leader in SETA, the Springfield-Eugene Tenants Association, which runs an advice hotline for renters. Eugene's most important issue is housing, and I don't know what Groves has ever done about that. We need renters on the City Council. We're 52 percent of Eugene residents.

Tim Morris instead of Emily Semple because Semple just doesn't get it about homelessness and affordable housing. She's another go-along person. Morris is also a young renter and a SETA leader.

Lynn Porter
Homeless Action
Eugene

WE'RE TOO ENTITLED

The Slant piece (*EW* 4/23) on Erik Larson's book *The Splendid and the Vile* about Winston Churchill that contrasts with our current "hunger for leadership" must be taken in context. That was 1940 England, not 2020 America.

Churchill merely reflected the inherent character of his realm, forged in almost continual warfare as they built an empire upon which the sun never set and unfailing duty to the Crown was uppermost in everyone's mind, even to the point of accepting personal hardship and suffering.

When Churchill met with President Franklin D. Roosevelt on Aug. 9, 1941, in a desperate attempt to get America into the war, Roosevelt knew it would be a tough sell to the American people. Opponents would see England's colonial empire as little different from German aims and not worth shedding more American blood and treasure to preserve.

Roosevelt then proposed to Churchill conditions which would essentially disband their empire, which Churchill adamantly opposed, and it was reported that he consented only after very considerable pressure from home. So much for leadership in forming the Atlantic Charter. By 1945, Churchill and the Empire were gone.

Greg Williams
Noti

The independent, self-directed nature of the average pre-war American who lived in a society that demanded personal responsibility has now been replaced by a sense of entitlement, a pervasive nanny state government and a large, sniveling, whining percentage of the population who tend to see a lack of constant direction for every little thing as a lack of leadership.

LYSOL CURES BONE SPURS

I heard that President Donald Trump has suggested injecting our bodies with disinfectants in order to kill the coronavirus.

I have an idea that this won't work for the virus, but I think I read somewhere that it is good for getting rid of those pesky bone spurs that he claims to have suffered from. Perhaps Trump can try this out and let us know how it works.

Patrice E. Dotson
Eugene

KEATING ASKS HARD QUESTIONS

Eugene Weekly got it right (Endorsements, 4/23): Matt Keating will bring a breath of fresh air to Eugene's City Council. He's an articulate spokesman for the common good. With his background in theater and radio, he's a naturally good speaker and he's at home in a public forum.

Keating asks hard questions and, also, he's always ready to listen. Unruffled by controversy, he has a knack for moving things forward. For example, he worked with student government at Lane Community College to establish a much-needed endowment for performing arts.

Colleagues can tell you that Keating's unique outlook and his generous trove of ideas have inspired committees to consider bold action.

I've followed Keating's progress for years as his director, friend and collaborator. I've watched him become an avid campaigner (Obama, Sanders and Warren, for example). Since 2011, Keating has been dispatched by the Democratic national party to designated places around the country to establish campaign offices.

Keating also organizes and fundraises to elect local candidates — most recently, state Rep. Marty Wilde.

With humans, Matt Keating is sympathetic. He embraces differences, as shown in the diversity of his devoted support team. As the members work together, fervently furthering his ideals, their confidence, their unity, and their purpose are buoyed by Keating's example.

Keating will be an effective member of the Eugene City Council.

Judith Roberts
Eugene



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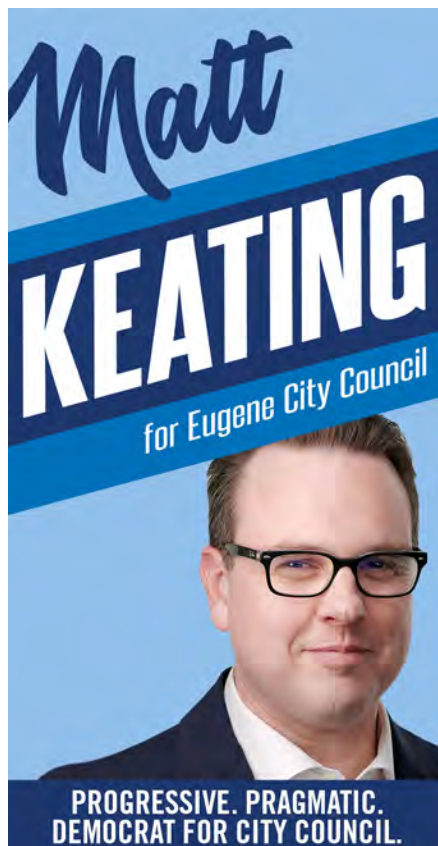
Val Hoyle, Labor Commissioner
Julie Fahey, State Representative
Marty Wilde, State Representative
Heather Buch, County Commissioner
Lucy Vinis, Eugene Mayor
Kitty Piercy, Former Eugene Mayor



Alan Zelenka, City Councilor
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letters

EYSTER HAS INCLUSIVE VISION

It was great to see *Eugene Weekly* endorse Mike Eyster (4/23), as I also feel he is an exceptional candidate for Springfield mayor.

I've known Eyster for years, and he has excellent judgement and leadership skills. I'd say that, most of all, Eyster is an inclusive leader who understands how to give people a voice.

The Springfield indoor track is a great example. At this stage, the conversation about the track, which has already involved a significant investment of staff time and money, has not had input from my fellow Springfielders.

Eyster has a vision that's inclusive for all of Springfield, and I am confident that he will seek out the voices of our residents before decisions are made regarding the future of our town.

*Jim Cupples
Springfield*

TRIEGER WORKS FOR WOMEN'S RIGHTS

In Lane County, Laurie Trieger is the pro-choice candidate for county commissioner we need — working on behalf of women's rights since her late teens, escorting women across picket lines so they could access reproductive information and services safely. In Eugene, she has continued to champion women's rights — fighting for paid sick time and family leave, volunteering with Planned Parenthood Advocates of Oregon and working to combat attacks like Measure 106. She also earned the endorsement of NARAL Pro-Choice Oregon.

Lane County government is our local public health authority and, as such, the Board of County Commissioners should consist of staunch protectors of women's rights to access essential health-care services.

I work professionally to help women access abortion services and secure reproductive freedom, and I'm sad to report that Oregon is one of the last areas in the U.S. where women still maintain such strong reproductive rights. This struggle continues at all levels of local, regional and national government as access to this essential healthcare service is constantly whittled away, one ordinance after another.

Please join me in voting for Trieger for District 3. I know she will be the strong voice for women we need to join our board. She not only advocates for women's rights, but for all human rights.

*Eugenia Schauerma
Eugene*

DEFAZIO KEEPS MAILING IT IN

Staying home to vote is a luxury we have as Oregonians, but unfortunately Rep. Peter DeFazio has been mailing it in for far too long in Congress. What we really need now more than ever in Washington, D.C., are young, excited fighters like DeFazio's challenger Doyle Canning.

We don't need campaigns like Canning's in the future. We need them right now. We needed them years ago. Now is the time to support someone who will take a stand for the working class. Continuing to support our savvy, seasoned congressman as though he is the Second Coming will only maintain the status quo, at best, which even before this global pandemic meant suffering and struggle for millions of Americans.

We must hold our politicians accountable and demand that they actually fight for us to have livable futures. This is a do-or-die time in American politics. We do not have time for DeFazio's empty re-election promises, especially when it comes to climate policy. DeFazio and Canning must debate so that the

voters of District 4 can see firsthand who the real candidate to support is.

*Ruby Jernigan
Eugene*

KEATING FOR COUNCIL

I wish to endorse Matt Keating as city councilor for Ward 2. I have been seeing some comments expressing concerns about Keating having just moved into Ward 2 and therefore perhaps not understanding the more specific local issues. I've lived in Ward 2 for 10 years. I've known Keating for several years, much more in depth over the past four as we've worked on similar political goals.

Keating has always worked for the benefit of our community, no matter where he's lived. He's been on the LCC board for seven years and has been active in the Democratic Party of Lane County for a very long time. He's been active on issues throughout our community and is forward-looking on issues of climate change planning, living wages, development density, affordable housing, land use laws and public transportation.

These are all issues of our entire community, and whether he's lived in Ward 2 long enough or not is not an issue. When I asked him about a specific traffic problem in our area (29th Avenue near Willamette during rush hour), he understood the situation and had an informed response. This would indicate a specific understanding of issues in Ward 2 as well as the community as a whole.

I think that Keating has a strong commitment to our community at large and our ward in particular. I have no doubt as to who, in my mind, is the stronger candidate.

In solidarity,

*Stephanie Turnbull
Eugene*



LCC Bond 2020

The LCC board invites you to attend an upcoming online town hall meeting to learn more about Measure 20-306, which will be on the May 19th ballot.

Saturday
May 9th
10:00 am

Saturday
May 9th
2:00 pm

Learn more about
the LCC Bond visit:
lanecc.edu/bond

Visit lanecc.edu/bond for information about participating. Submit questions at bond@lanecc.edu

MASK UP

I am 70 years old and I really don't want to get COVID-19. The CDC said that we all should be wearing masks when out and about. I have dogs that need to be walked and I can't go to a number of dog parks as they are often full of people without masks that are standing within two feet of each other.

I went shopping today and saw many people not wearing masks. The worst of it was at Market of Choice, where the people behind the meat counter and the deli counter were not wearing masks. They breathe all over the food and the packaging, contaminating what they are trying to sell. I don't know if this is going on in other stores, but this is very careless behavior and life-threatening to many.

I know the wearing of masks has not been mandated here in Eugene but it needs to be if we want to keep the infection rate low. Wear a mask when you go outside or are serving food!

Niki Wise
Eugene

TIME TO PAY IT FORWARD

Perhaps pay your therapist (counselor, physical, massage), beautician, house-cleaner, yard-keeper, dog-walker, etc. as if employed all along for future credit for service. If things settle down,

the service-provider will have the opportunity to work overtime to dig out of the credit given you but she/he will at least have the chance to do so. To catch up, the service providers will have to work their butts off, but at least have the opportunity to survive now and the later. An idea.

Paul Schultz
Eugene

EVEN MORE STIMULATION

Thanks for the inspirational title you put on Mike Berg's letter, "Stimulating Compassion" (EW 4/23) — perfect timing for his and your inspiration! Like Berg, my wife and I are retired and have enough, so we plan to donate our checks as well. We gave parts to the food bank, experiencing a spike in need; to RESULTS (Results.org) for their work to end hunger and poverty; to some local folks unable to pay rent and buy food; to small businesses that are not receiving anything, but hope to reopen; and National Public Radio, for keeping up an accurate flow of information.

Even if you can't afford to share your check, you can share your voice: Ask your members of Congress to call for a national moratorium on evictions, provide the rent relief needed (at least \$100 billion), increase SNAP by 15 percent or more and increase funding for Gavi, the Vaccine Alliance and the Global Fund to Fight AIDS, TB and Malaria.

To our invaluable
grocery community and
distributor partners:

Thank you

During these trying times, you have been on the front lines to allow our community to stay home and stay healthy. The craft beer industry has always been about the people. You, our partners in grocery stores and distributors make our business possible. Your commitment to show up to work allows us at Ninkasi to continue working when so many others cannot.

Thank you for continuing to fill the aisles with beer from independent craft breweries. We find strength and security in knowing that local grocery stores are open to feed our families. Because of your hard work, we are able to remain working. You continuously help to perpetuate better living in our communities. And we need you now more than ever.

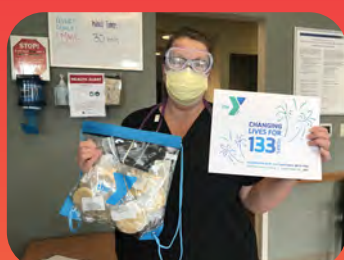
Our most sincere, heartfelt thank you.
Terry Vandever, Chief Commercial
Officer and all of us at Ninkasi Brewing
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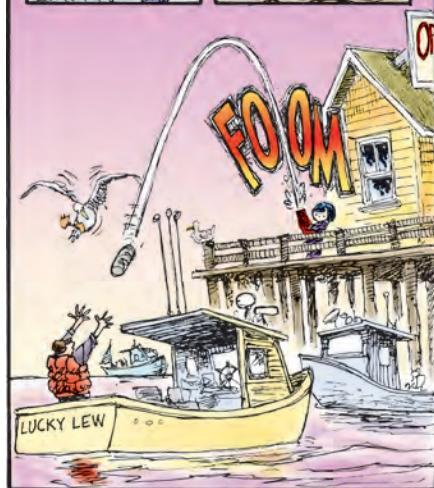
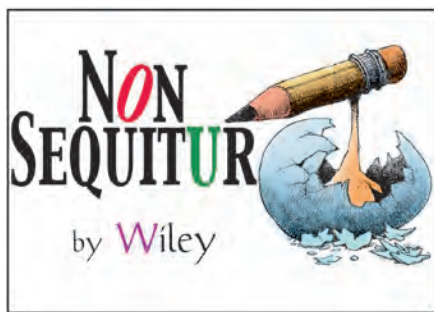
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letters

Our calls, emails, and virtual visits can help insure we beat this pandemic on a local, national and global scale, the only way to really win.

Willie Dickerson
Snohomish

TRUMP SHOULD STICK WITH GOLF

I had my TV on as I was doing chores Sunday, more or less background noise. President Donald Trump came on and was giving his daily coronavirus briefing. I was looking for something a little more intellectually stimulating, and fortunately MeTV was broadcasting Gilligan's Island.

Ted Chudy
Eugene

KASHINSKY DOES HER HOMEWORK

In the midst of the COVID-19 pandemic, it may be difficult to focus on our local elections this spring. But this type of crisis makes clear what we need in our local leaders. In City Council Ward 1, one candidate stands out in the crowded

field — Eliza Kashinsky.

Kashinsky has the energy and motivation to make a big difference in Eugene. She has the policy chops to drive action on key issues we care about like homelessness, housing and climate action. She knows how city government works, having cut her teeth on the Active Transportation Committee, the Budget Committee and now the Ad Hoc Work Group on Climate Recovery.

She also founded the WE CAN (Walkable Eugene Citizens Advisory Network) initiative to advocate for smart, future-oriented housing and transportation solutions for Eugene neighborhoods. Kashinsky has demonstrated her commitment and concern by showing up, doing her homework and embodying the kind of thoughtful, caring leadership we can count on.

The same cannot be said about the current Ward 1 City Councilor Emily Semple, who has not given us the representation we deserve. At council, she often appears ill-prepared and uninformed. Worse, she has been willing to

use her limited political clout to push pet projects for narrow interests instead of championing real solutions for everyone. She has not shown the kind of courage and leadership we need in these times.

Don't settle for the incumbent when there's such a better option. Kashinsky should be your choice for Ward 1.

Babe O'Sullivan
Eugene

SEMPLER ALSO DOES HER HOMEWORK

I urge residents of Ward 1 to re-elect Councilor Emily Semple. She is a tireless advocate for the residents of her ward and the city of Eugene. She fights to help those less fortunate, including the unsheltered. She does her homework on city issues. She makes herself available and really listens to citizen concerns. The city cannot afford to lose her wisdom and guidance during these challenging times.

Lloyd Helikson
Eugene

Local and Vocal

VIEWPOINT BY TERRY MCDONALD

Better Together

ST. VINNIE'S FINDS ITS FOOTING IN COVID-19

The coronavirus pandemic has upended business as usual, and we have been learning during the past two months the lessons that adversity has to teach. At St. Vincent de Paul Society of Lane County, an anchor institution that has been serving the most vulnerable for more than 60 years, we have been challenged to continue meeting needs, while keeping both our staff and those we serve safe.

When St. Vinnie's shuttered its thrift stores in Oregon and laid off more than 200 staff in mid March, it was a crippling blow. Closing the stores that provide close to half of the agency's revenue, money used to help so many of our programs, was tough enough. Laying off staff who are as much family as colleagues, and realizing the devastating impact on their lives, is harder still. We were uncertain how we'd weather the storm even as we anticipated greater need for our services.

A month later, we have learned so much. The idea that we are better together is more than just a quaint saying. We are better together. Lane County officials reached out to us and asked us to staff and manage respite centers for homeless community members we were not currently serving. We invited our laid-off employees to train to staff the new respite centers, and many of them were willing to learn a new set of skills.

Today, more than 100 of our store staff are now cross-trained. That makes not only for a more robust organization, but it also gives our staff additional skills that benefit them individually. Collaborating with restaurants to provide meals and with our fellow nonprofit agency Occupy Medical at the respite centers has been a privilege, and we've been so grateful at how many community members stepped up when we put out the call for new underwear and socks for homeless community members.

(Note: we can still use more!)

We also learned how much help was available to us from our state and federal agencies. The Occupational Health and Safety Administration helped us develop new layouts and protocols for our stores so that, as we slowly begin to open again, we can provide a safe environment for staff and shoppers. Meanwhile the Oregon Health Authority gave us guidance on how to safely quarantine donations so we can continue to receive materials from generous donors that still have value and that allow us to be a significant part of the reuse economy.

While we have been selling books and some limited amounts of clothing and jewelry online for several years, we discovered that even more of our shoppers were finding us online and could have a positive experience hunting for treasures without having to leave their homes.

And we learned how amazingly generous our community is. As we struggled with the basics of meeting payroll, our donors came to the rescue. In a time of great financial uncertainty, we have been humbled by the generosity of so many. We are still developing strategies to bridge us into a future whose shape continues to unfold as the nation and the world gain experience with the virus.

We are all learning what this "new normal" looks like. We believe that working together, with other great nonprofits, government partners, civic leaders and our community members we can continue to serve and strengthen Lane County. We look forward to meeting the challenges that present themselves in coming months knowing that together we really are better.

Terry McDonald has been the executive director of St. Vincent de Paul Society of Lane County, Inc. (SVdP) for 35 years. He has led SVdP to become the largest social services agency in the region.



Photo by Todd Cooper

Mo' Problems, Moore Solutions

IF ELECTED TO LANE COUNTY BOARD OF COMMISSIONERS
MATT MOORE WANTS TO TACKLE BIG PROBLEMS WITH NEW IDEAS

By Henry Houston

At 23, Matt Moore is the youngest of the four candidates hoping to succeed Pete Sorenson on the Lane County Board of County Commissioners. But don't let age make you think that he's not ready for leadership. In fact, he says it's a huge opportunity.

"A lot of people in my generation are incredibly disaffected by politics right now," he says. "They want to see

people of our generation running for office, and they want to see people who speak to the issues that they care about in a genuine way."

Moore wants to give back to his hometown through leadership on the Lane County Board of County Commissioners. He wants to see the climate crisis taken on seriously and to plug the brain drain that's causing a loss of local talent. He thinks permanent supportive housing is the most cost-effective solution for homelessness. But

more importantly, he says COVID-19 has exposed the gaps in county services, and he's the guy who can reinvent the board in the post-pandemic era.

In 2019, Moore graduated from University of Pennsylvania with a degree in economics and moved back to Eugene, his hometown. He says Penn is known for sending a large percentage of its alumni to Wall Street, but that lifestyle didn't fit him. Instead, he wanted to return to the community that invested in him.

Upon his homecoming, he says he was disheartened to see the area still dealing with the same issues it had been before he left for college. So, he says, he decided to run for office to make change. He's had some endorsements come out for his campaign, including by the University of Oregon College Democrats, by state Sen. Arnie Roblan of Coos Bay and by Nora Kent, who challenged Commissioner Jay Bozieich in the 2018 primary election and now sits on the Lane Education Service District Board. In the May election, he's running against Joel Iboa, Laurie Trieger and Sandra Bishop.

Moore went to South Eugene High School with Kelsey Juliana, who led the Our Children's Trust climate change lawsuit against the U.S. and he says he talked with her to learn more about climate action. He says she has shown him how everything is linked with climate change and how the climate crisis effects aren't temperature-related — like mass migration.

With the county's climate action plan, Moore says if it treats climate as an individual problem, it won't be successful because it needs to get industry to change, too, and that can happen with economic incentives.

"A lot of people might change because it's the green thing to do but a lot of people will do what's convenient," he says. "We need to find ways to make what's most convenient the green choice. That's how we get the most people and industries to change."

One of the issues that Moore was disappointed to see was still unsolved in the area upon his return was homelessness. He says permanent supportive housing like the MLK Commons is the best solution for the unhoused, and it's the most cost-effective for the county.

But solving housing shortages and homelessness requires a two-pronged approach. He says that the county needs to reduce the demand for low-income housing by fostering an economy with more living wage jobs. But there also needs to be more housing units built to bring down costs.

Growing up in Eugene, Moore says a lot of people he went to high school with have since moved on to larger cities like Portland, San Francisco and Seattle because there aren't any career opportunities here. Although Lane County has the UO, it suffers from brain drain because people can't find living wage jobs.

"That's because we have a tendency to give tax breaks to corporations that are only here for a couple of years until they find a bigger tax break," he says. "We need to start supporting the local business community that will actually invest in our community and stay here long term."

That's how Lane County can tackle its brain drain problem, and it can accomplish that by investing in a 21st-century economy and rewarding the businesses that stay invested in the community, he says.

Rather than using tax breaks to attract out-of-area companies, Moore says mechanisms like tax deferments can help small businesses that are experiencing cash flow problems. When those businesses gain traction, then they can pay back the community.

The COVID-19 pandemic has opened up a lot of gaps in the county's services, Moore says. One of those gaps is how much the county spends on public health; it only spends 3 percent on preventable services, he says. And, based on his conversation with Dr. Patrick Luedtke, the county's health officer, Moore says that money should be flexible in how it's spent.

"The need for someone with an economic understanding of the economy has grown because we'll be dealing with the economic fallout for years," he says. "It's time for someone to come in with a different perspective who's well versed in the policy issues, is ready to innovate and do things a little differently and fix and update these antiquated systems." ■

Mountains Closed

OAKRIDGE IS LOSING ITS BUSY SEASON THIS YEAR,
BUT LOCAL BUSINESSES ARE STRIVING TO MAKE IT THROUGH

By Jade Yamazaki Stewart

Most of the campsites, boat launches and trailheads that draw people from the valley to the mountains near Oakridge are closed. Many local businesses are shuttered, at least for now. The steady stream of cars that normally flows through the town has thinned to a trickle.

But on recent sunny days, a crowd of cars has been parking outside Lion Mountain Bakery. People sit in their vehicles, order takeout from the bakery and listen to local musician Broken Horn sing and play guitar in front of his van.

He was playing old country and rock ‘n’ roll songs for tips in the café until Gov. Kate Brown’s executive order shut down the bakery for everything besides takeout. Broken Horn, a Native American man who prefers to go by his native name, moved to Oakridge a few months ago and lives out of his van.

“When this virus thing happened, I couldn’t make any money, so I decided to start playing outside,” he says.

Since April 9, Broken Horn has been playing outside the bakery from noon to 2 pm Thursdays, Fridays and Saturdays — the only days the business is open right now.

“I’m really fortunate,” he says. “I get to play outside, and I’m doing what I like to do.”

Broken Horn is remaining optimistic about the situation. But Oakridge, a recreation destination on Hwy 58 about 30 minutes west of Willamette Pass, relies on tourism, and people haven’t been coming to the town during the coronavirus crisis. Many local businesses will struggle this season, Oakridge Mayor Kathy Holston says.

“Right about now is the time when we see more tourism come in,” she says. “And they really rely on that, so it’s been a big hit.”

This isn’t the first time Oakridge has had to cope with economic catastrophe. The town prospered with the logging industry into the 1980s. Two lumber mills kept many residents employed. But by 1990, the logging industry had crashed and both mills were closed. Since then, Oakridge has had to reinvent itself as a mountain tourism town to keep afloat.

The last line of Holston’s email signature reads: “Mountain Bike Capital of the Northwest.”

Nevertheless, Holston is asking people not to visit Oakridge for now. There have been no cases of COVID-19 in Oakridge that she knows of, and she wants to keep her community from being exposed.

Holston says if people come to recreate on the trails and dispersed camping sites still open in the area, she’s asking that they stay self-contained and avoid local businesses.

Lion Mountain Bakery, where Broken Horn plays, is a business that’s been seriously affected by the drop in tourism.

Owner Jacqui Lomont has been selling takeout and pre-orders of baked goods since the executive order shut down regular business. But she’s had to reduce her work to only 12 hours a week. She worries whether her business will make it through the crisis.

“I have great local support — there’s no question about that,” Lomont says. “But because I’m on the highway, a lot of my business would normally come from people traveling through town to go skiing or mountain biking or boating or hiking.”

She says she tried to apply for an emergency federal government loan for small businesses, but the money ran out before she got her application in. Lomont says it’s hard to keep up with the latest information on how to apply for federal money, and she isn’t counting on getting any.

“I feel like every day, I start from scratch,” she says.

Holston says the Oakridge/Westfir Chamber of Commerce has been calling small businesses to try to help during this time. There’s a list of resources for businesses on its website. She says the Oregon Regional Accelerator and Innovation Network, an organization that helps small businesses, has been holding weekly teleconferences for business owners in the Oakridge area.

But the mayor recognizes things will be difficult for businesses in Oakridge, and getting federal loans has been hard.

Holston says she thinks Oakridge will bounce back once things reopen. She says she will push hard to bring visitors and money back to the town when the time comes.

“I don’t think we’ll do just fine, but I do think we will get by, and we’re going to work together to help one another to do the best they can,” Holston says. ■

STAY HOME AND VOTE!

Endorsements at a Glance

BY EW EDITORIAL BOARD

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Mayor

Lucy Vinis

City Council Ward 1

Emily Semple or Tim Morris

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Claire Syrett

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Measure 20-306

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Congress, 4th District

Peter DeFazio

Democratic Presidential Primary

Joe Biden

Hitting the Brakes

EUGENE PARKING SERVICES
ADJUST TO COVID-19
REVENUE LOSS

By Taylor Perse

For once, there are plenty of parking spaces in downtown Eugene and near the University of Oregon. Finding a spot to park no longer takes ten minutes of circling a three-block radius, complicated by a never ending grid of one-way streets.

Although this is good for the few people still going in to work in those areas, the lack of money in the meters and parking tickets means a significant revenue loss for Eugene's Parking Services Department, which has struggled to find its footing during the pandemic. As fewer people park their cars, the department's revenue declines to a small fraction of what it was, causing it to look to the future and re-evaluate its funding of downtown activities.

Money generated from Parking Services helps fuel the Eugene economy, Parking Services Manager Jeff

Petry says, such as the Downtown Ambassadors program, the downtown mural program and various other events. Depending on how the next few months pan out, the department may have to drop some of that support.

"Some of these areas we have provided investment, but it's going to cause us to look at how we spend our parking dollars," Petry says. "We are trying to figure out how to do this."

He says around the time that stay-at-home orders took effect, parking services shifted its rules for enforcement. For example, to help restaurants with takeout and delivery, the department has allowed people to park in front of businesses to make their service more accessible.

Parking Services is also still enforcing some parking rules against "bad parking behavior" — people who park on the wrong side of the street or between two metered spaces, for example.

Petry adds that parking officers may or may not be enforcing permits and meters, but they aren't focusing on them. They are checking on electric vehicle charging stations even less.

Petry says he has been keeping track of the Parking Services revenue and comparing it to the department's usual numbers at this point in the year. He says each year parking generates \$7.7 million in revenue. Parking tickets account for about 13 percent, or \$1 million of revenue, tenant spaces make up about \$600,000 and another \$6 million comes from user fees, parking permits and meters.

"In January, we had about \$300,000 generated in each month, just in meter revenue," Petry explains. He tracked the last 30 days and found that the daily metered revenue had decreased by \$250,000 a month — an 83 percent decrease in meter revenue.

Parking citations usually average about \$70,000 a month, he says. Right now, citations are generating \$5,000 to \$7,000.

Parking is tied to business activity, Petry says. He expects to see a significant impact from the University of Oregon, which funds \$1.6 million a year, as classes and track meets are canceled.

"If there are no classes or Olympic activity, that will have a large impact over the next few months," he says. "From a parking enterprise fund, we are tied to the business and economic community."

The city has not laid off or furloughed employees working in Parking Services, Petry says. It has scaled back some contract workers like garage security guards and booth attendants.

These changes in how the department manages patrons also affect how the Eugene Municipal Court handles parking tickets. As usual, payment for tickets can be made through the online payment portal, but you cannot currently pay for a ticket in person. Parking court has been suspended for the time being, and the Municipal Court is encouraging people who choose to contest the ticket to dispute it by mail, or use the court drop box form to submit a letter of explanation to the court.

Because Parking Services is a department of the city, it doesn't qualify for the same economic help that other businesses are eligible for, such as the Paycheck Protection Program from the Small Business Association. Petry says that the department has dealt with these types of revenue issues before in other difficult economic times.

"We have done this before. We have to ask how do we pivot, how do we deliver services to our community, how do we structure our program to meet those needs?" ■

slant

• **More changes at *The Register-Guard* are worrisome.** The paper announced April 26 that it was eliminating the position of Executive Editor Alison Bath as of May 1 — Gannett, which now owns the daily paper, eliminated Publisher Shanna Cannon's position earlier this year. Managing Editor Michelle Maxwell will lead the newsroom itself, the paper said, but the paper as a whole, along with three other Northwest newsrooms, will be led by *Statesman Journal* Executive Editor Cherrill Crosby. The *SJ* has good content, so maybe this will be a good thing? But who is the *RG* editorial board now? And we worry folks will see the *RG* as even less local than they already do. Remember there are local reporters, photographers etc., who care about the community, even if the paper is not locally owned.

• We checked in with Congressman Peter DeFazio this week, and he had some **choice words to say about the bleach-injector in chief.** DeFazio, who has a degree in gerontology, pointed to President Donald Trump's comments about injecting disinfectants and shining lights into the body, calling them "tragic" and "dangerous" and saying Trump has psychological issues and, with some small exceptions, is leading up a "full circus of clowns" in his administration. No argument from us there.

• Rep. Peter DeFazio also brought up a terrifying question: Given President Donald Trump



and the Republican's weird hatred of vote by mail (something we love in Oregon), **what happens if COVID-19 means there's no November election?** This is something that DeFazio says he's been thinking about — for one thing because, with no election, there's no House of Representatives. The U.S. Constitution provides succession for "reason of death, resignation, removal from office, inability, or failure to qualify," but not no election at all. So, DeFazio says, with no House, the next in line can't be the speaker, and with no election, the Senate has a Democratic majority, so leadership would fall to Democratic senator Patrick Leahy. DeFazio's analysis is backed up by an opinion piece by Alan Dershowitz on the website TheHill.com. Dershowitz is professor emeritus at Harvard Law School and served on the legal team representing Trump during the Senate impeachment trial. He says not only could leadership fall to Leahy, but a Democratic majority could

also choose senators Elizabeth Warren or Bernie Sanders. Interesting.

• **The primary election is heating up here locally,** with more candidates for local positions than we've seen in a long time. Check out our endorsements here and, in more detail, in last week's print issue, and go online for election letters and our coverage of District Attorney Patty Perlow's peculiar challenger, James Cleavenger, of the University of Oregon "bowl of dicks" fame. A recent mailing from the Perlow campaign alleges that one of the complaints about Cleavenger's police work is that he put a blanket over a chimney to "smoke out" an alleged perpetrator because he saw it in a movie. *True Grit* we assume?

• We're looking for **fun on our TV and social media to help through this "stay the fuck home" time.** For instance, the latest Randy Rainbow, "A Spoonful of Chlorox," is hilarious. More, please. The segment mocking Zoom calls on *Saturday Night Live* was so funny (though in our experience dudes are actually worse at video conferencing than the female-identified), as was Brad Pitt playing Dr. Anthony Fauci on *SNL*. Send us where you are finding your laughs, and we'll pass them on.

• More seriously, folks: Come November, if we actually do have that election, remember when you vote that the Republican Party, with its lethal mismanagement of the federal response to COVID-19, has truly become the GOP: the Grand Old Pandemic party. **Let's vote them all out of office. Every single one.**

INSIDE OUT

Channel your **outdoor energy** for these **indoor options** BY EW STAFF

Now that the sun is out somewhat more regularly, we have to resist the urge to act like Floridians and take over a beach. And that's tough because this is the perfect time to spend time outdoors — especially since we live in a city nicknamed TrackTown, and May is National Bike Month.

But it's still possible to brave the outdoors and celebrate your local running spots and reclaim bike lanes while traffic is nearly nonexistent, especially if you maintain that six-foot COVID-19 distance. If you're a fair-weather bike rider, now is the time to inflate your tires and hit the road — and maybe channel some *Mad Max* vibes to make these apocalyptic times interesting.

Or if you're mourning the ongoing trend of canceled races, keep on running anyway. The local running store Run Hub has Instagram challenges that have you do things like snap scenic photos from your usual route to get entered in a weekly raffle for gear and gift cards (check out RunHubNW.com for more information).

But if you're playing it safe and want to play indoors until Gov. Kate Brown ends social distancing measures, *Eugene Weekly* found some local options for you. — Henry Houston

It's Fun to Workout at the YMCA

EUGENE'S YMCA OFFERS ITS MEMBERS AND THE PUBLIC A VARIETY OF ONLINE CLASSES

With classes ranging from chair fitness to flow yoga to boot camp, the Eugene Family YMCA has something for everyone.

Kim Miller, director of health and wellness and healthy living at the Eugene YMCA, says the silver lining to workouts via Zoom is that more people can be in the class at one time. Before COVID-19, some members would come to class to find a “full” sign. But the YMCA is able to host more members in virtual instruction than it was in-person because it's not beholden to fire marshal maximum occupancy laws. And since workouts are archived, the public can also participate in workouts at their own time.

For many YMCA attendees, the Zoom classes keep them accountable in the same way as the in-person class because members log on at a certain time, see the instructor and feel like they're a part of the class, Miller says.

The YMCA's schedule is subject to change, but its class list online includes barre, hatha yoga, low impact aerobics, gentle yoga, Turbo Kick, cardio dance and more. The dance classes are popular now, with about 30 to 40 people attending, Miller says.

She says that trained staff moderate the classes to help out attendees who have questions, as well as keep an eye out on the chance the dreaded “Zoom bombers” crash the party with inappropriate content.

Miller teaches boot camp (which doesn't have drill instructors yelling at you like military boot camp, and instead has a mixture of strength training and cardio) and says the in-person class can be intimidating for some. But she says more people have been attending class who would've never walked in.

“Now they can work to their level and do the exercises,” she adds.

By taking more intense classes like boot camp online, attendees can take a break or adjust the exercise to their current ability.

Miller says the Zoom live sessions are sent to members via email as a way to say thank you for sticking with the nonprofit while it's been closed for the past month. But anyone can access the archive of videos on its website.

And in a time when people aren't connecting in-person, working out on Zoom is a way for instructors to invite members into their home, Miller says. And it's making instructors' pets famous. In Miller's class, she has a German shepherd named Quintus that occasionally drops in and steals the show.

“Dogs and cats don't care if you're teaching a group class,” she says. “That's one of the fun things members are enjoying: They love seeing our pets wander through.” — Henry Houston

Visit EugeneYMCA.org for more information on participating in Zoom classes and archived classes.

Pups and Downs

TRAINING SPOT ADAPTS TO ONLINE DOG TRAINING

The last time I took my genial and easily distracted dog Aksel to dog school at Training Spot it was a fun and vibrant class full of other dogs and pups either barking, chasing their tails (that would be Aksel) or lying on their mats, patiently awaiting their click and treat.

The fact that Aksel had to take Good Dog 1 twice is no reflection on dog trainer and behavioral consultant Jen Biglan's training skills. It just says a lot about Aksel.

Those of you working from home or laid off thanks to COVID-19 are suddenly spending a lot of time with your pups. You might be dealing with Fido's newfound fear of masks or thinking maybe now is a good time to work on Rover's sit and stay. But how?

“It was an interesting transition,” Biglan says of moving to online dog training. “I have been surprised how much I like it.”

When the virus shut down in-person training, Training Spot transitioned to online classes — giving a credit to

those who would rather wait until they could train in the Whiteaker-area facility again. Biglan says the dog trainers added in a free 20-minute “meet and greet” for people new to Zoom to help them decide whether virtual training will work for them. “It's awesome because it allows people to see what the possibilities are,” she says.

Group dog classes are running online via Zoom, as well as private training, puppy classes and behavioral consults. Biglan says puppy classes help pet parents socialize their puppies, getting them used to masks, noise and textures.

One thing Biglan says Training Spot will continue, even after sheltering in place ends, is virtual behavioural consults where she can see the dog in the home without the dog trainer there to change the environment. It also allows the pet parent to practice behaviors at home rather than at an extra-stressed training facility. And, she says, the session can be recorded and the pet parent can watch it again.

To supplement the training courses and video library, Training Spot is also doing free Thursday morning Facebook Live sessions, which can help support people with no income who might be home with their dogs. The April 16 session on barking, she says, generated a lot of questions. April 30's session addresses separation anxiety for when folks go back to work; nail trimming and getting dogs comfortable with having their body handled is May 3. — Camilla Mortensen

To find out more about Training Spots classes, free 20 minute meet and greet, or weekly Facebook Live, find them on Facebook, go to TrainingSpot.us or call 541-357-PETS.

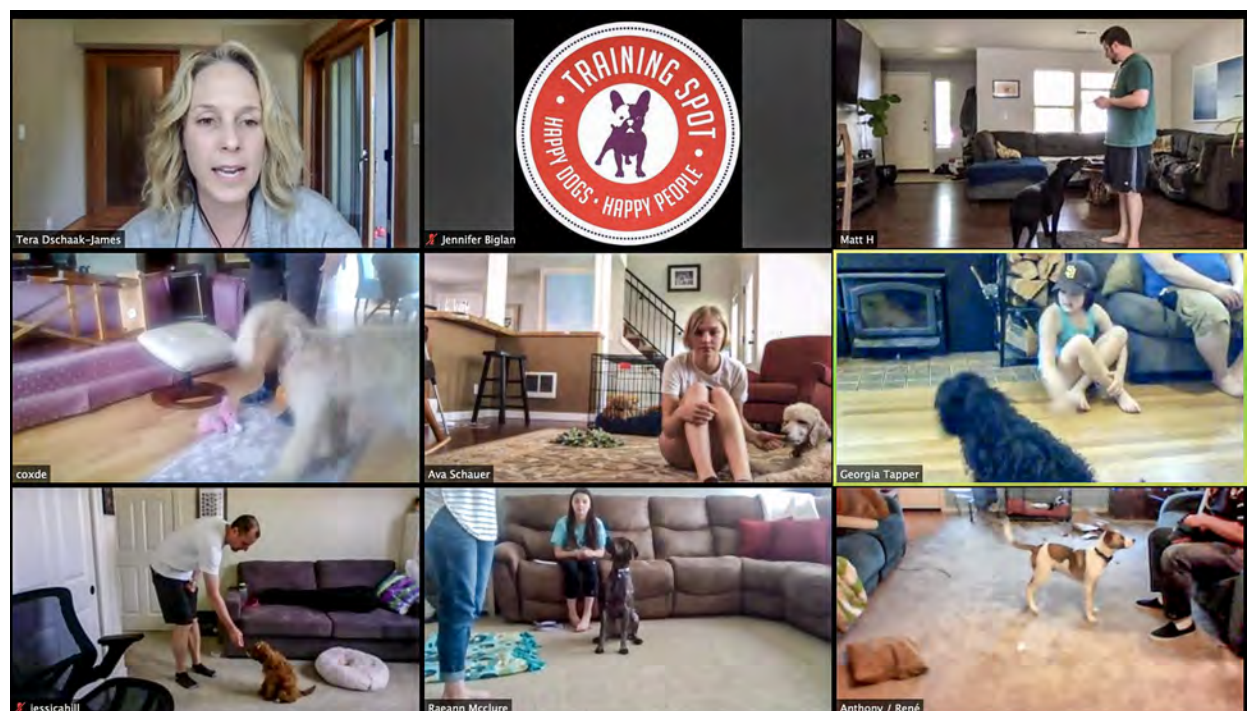
Intensify Your Workout

TURN COVID-19 INTO CROSSFIT-20 WITH CROSSFIT INTENSIFY

CrossFit Intensify general manager and head trainer Colin Schoonover says the gym's ultimate goal has always been to bring health and fitness to the local community.

“We try to make it more accessible for people,” he says.

While the gym has been closed and its equipment lent out to members, CrossFit Intensify is bringing its workouts



Courtesy Jennifer Biglan

to everyone in the community — for free — via Zoom.

Schoonover says he knows that most people have limited workout equipment at home, so workouts are scalable — from using your bodyweight to barbells or dumbbells. And if newbies aren't sure about form, the workout or trying to work around some pre-existing injuries, staff is available to answer questions.

"We try to be as responsive as possible," he says. "We're not in the gym coaching, so we make ourselves reachable."

During the virtual workout, coaches make the virtual class as close to the gym experience as possible. At the beginning, coaches brief the workout, talk about the structure of the workout and check in about questions on movement. The workouts have about five to 10 people at a time, and it has the patented CrossFit camaraderie environment where participants cheer each other on to finish the workout strong, he says.

Schoonover says that stepping into a CrossFit gym can be intimidating, but joining Zoom classes is a way for newcomers to shake off some of the anxiety of getting involved with a new way of working out.

"Accessing it in your own home will be a great thing for a lot of people," he says, adding that he encourages nonmembers to workout with the gym online as much as possible. — *Henry Houston*

Workouts via Zoom are 8:30 am and 5:30 pm Monday through Friday. Email Contact@CrossFitIntensify.com to get login credentials.



A Present Window

VISTA WELLNESS CENTER HAS FREE YOGA AND MINDFULNESS FOR EVERYONE

The Vista Wellness Center is offering free online yoga classes via Zoom for every age and body type. These webinars focus on mindfulness and movement.

Owners Darcy Knight and Ryan Scott have backgrounds in therapy and counseling, so Vista Wellness Center's foundation is in psychological services. "There are so many people experiencing so much stress right now," Knight says. "We wanted to be able to offer this to the community. It's a great way that we can give back."

There are three weekly classes that participants can choose from. One is 4 pm Tuesdays for grades K-5, 3 pm Tuesdays for grades 6-12 and 11 am Thursdays for all levels and ages.

"It's a comfortable experience for any level," Knight says. "The goal of these webinars is to have calm among

the chaos."

The Zoom classes are one-way, so only the instructor's screen and audio is shown to provide a more safe and secure platform.

Yoga instructor Jen Champion says the webinars are focused on mindfulness and movement due to the stress of the pandemic.

"We invite participants to be present in the moment. We move through breathing techniques, warm-ups, some yoga postures and a guided meditation." — *Frankie Kerner*

For more information on the Vista Wellness Center, you can visit VistaPsych.com/Wellness-Center.

Weights Are Forever

FOREVER STRONG IN SPRINGFIELD IS KEEPING ITS COMMUNITY IN SHAPE

Forever Strong in Springfield is making sure its members stay active during its closure. The gym sends emails to members who would normally be working out at the gym.

"Members have been excited about the workouts," says owner Victor Filipe. "They're doing it with their families and making their kids do it and calling it PE class. It's been good."

He says that he, Mollie Filipe (his wife) and Dev Filipe (his brother) design the workouts and try to keep them more interesting than what you can find on Instagram and to keep members working out while keeping it as creative as possible.

The gym has different membership levels — ranging from basic to private one-on-one to powerlifting. It even sends the Thurston High School football team daily workouts to make sure the athletes stay in championship shape.

A typical class has participants warm up (by doing something like running a mile) and do some core work. Depending on the objective of the workout, members could be doing workouts with jugs of water or a filled backpack instead of dumbbells, he says. That way a member at home who doesn't have weights can adapt accordingly.

For members with just gym membership, the staff sends workout tips a few times a week. But to keep members strong in the time of COVID-19, Forever Strong takes some of its equipment outside, where members can reserve an hour to lift weights. The equipment is sanitized and has a capacity to ensure it meets social distancing measures, Filipe says.

Since weights sold out before the governor's executive order, Forever Strong's outdoor gym is always packed, he says. The outdoor gym allows people to do squats, bench press and has an area for deadlift. And the gym even writes up a workout on the blackboard in case someone wants to change up their routine.

"For a lot of members, the gym is a way of life. It's an important part of their life," he says. "Without it, nothing feels right. We threw it out there for those who need to lift and need the therapy." — *Henry Houston*

For more information about the gym and its workouts, visit IAmForeverStrong.com

Evolve to the Occasion

EVOLVE FITNESS WANTS TO KEEP YOU AND YOUR KIDS IN SHAPE DURING COVID-19

All you need to stay in shape during the pandemic is a mat, a computer and — your kids? Evolve Fitness Studio is hosting online workouts for adults and some much needed PE time for kids. Mary Staszak, owner of Evolve Fitness, says that, ideally, she'd love to be instructing in her Fitness studio, but Zoom classes will have to do for now. So Staszak is hosting a free strength-based yoga class, which teaches yoga and balance while throwing in some push-ups, burpees and other strengthening workouts. "It's not your typical yoga class," Staszak says.

And for the kids stuck at home going a little stir-crazy, Staszak has been putting together 20-minute recess classes where kids can do exercises like squats, push ups



and jumping jacks, ending with a dance party to "shake out the sillies," she says. Because of issues in her lower back, Staszak had to put the kids' classes on hold but is starting them again soon.

Staszak calls her Zoom classes a "weekly gig" since the times and days of the week change. Looking forward, Staszak is working on coordinating a mat pilates class, where she would charge a small fee per session. She is also speaking with other instructors at the studio to see if they can pull some classes together. Zoom is a great alternative for the time being, she says. — *Taylor Perse*

For information on Evolve's weekly classes, visit Facebook.com/EvolveFitnessStudios or Instagram @EvolveFitnessStudios.

Virtual Namaste

EUGENE YOGA TAKES ITS CLASSES ONLINE

Since March 16, Eugene Yoga has been offering online classes, giving local yogis a reprieve from quarantine stress. The studio now offers live classes every day through Zoom, with 23 yoga classes per week featuring many levels and styles.

There's a pay-what-you-can payment model on the website, with options of \$0, \$4, \$8 and \$12. Or you can just tip the teacher of the class.

Eugene Yoga owner Valerie Morris says the studio's yoga classes are helping people cope during these hard times.

"For a lot of people, it's their primary method of dealing with stress and coping with the unknowns of this sequester," Morris says.

Jennifer Jamieson, a teacher at the studio, says she's gotten a lot of great feedback about her online classes, which she leads through Eugene Yoga and on her personal social media.

"The outpouring from students — the comments I've been getting in my DMs, on the Facebook videos and through Eugene Yoga — has brought me to tears so many times," she says. "The support has been so heartwarming."

Morris says most people are paying something for the classes, but her revenue has dropped by about two-thirds since quarantine started. Jamieson, a full time yoga teacher, says she couldn't have paid her bills this month without tips from students.

Morris says they won't turn anyone away who can't pay, but she encourages people to contribute if they can. She plans to continue online classes even when quarantine ends.

Other Eugene yoga studios offering virtual classes include Wild Light Yoga, Mudra Yoga, Balanced Hot Yoga and Hard Core Yoga. — *Jade Yamazaki Stewart*

Find online classes from local yoga studios at EugeneYoga.us, WildLightYogaCenter.com, EugeneMudra.com, HotYogaEugeneBalanced.com and YogaEugene.com.



GENERAL

LISTINGS ARE FREE UNLESS OTHERWISE NOTED

ONLINE MEETINGS FOR 12-STEP PROGRAMS

Al-Anon Anonymous meetings can be found at AlaNonLaneor.us.

Alcoholics Anonymous meetings can be found at EviAaweb.org.

Co-Dependents Anonymous meetings can be found at Coda.org.

Debtors Anonymous meetings can be found at OregonDebtorsAnonymous.org

Emotions Anonymous meetings can be found at EmotionsAnonymous.org.

Marijuana Anonymous meetings can be found at Marijuana-Anonymous.org.

Narcotics Anonymous meetings can be found at na.org.

Overeaters Anonymous meetings can be found at oa.org.

Refuge Recovery meetings can be found at RefugeRecovery.org.

ONLINE FAMILY ENTERTAINMENT

Explore.org, live cams from around the world.

Oregon State Parks, Nature: Live in Your Family Room, OregonStateParks.org.

Oregon Wild Youth Art Contest (thru April 30), more info at OregonWild.org.

OMSI Live stream events. Short notice on these events. More info at OMSI Facebook page.

"Springfield Public Library - Where Minds Grow," Springfield Public Library YouTube channel.

ONLINE GATHERINGS

OSU Digital Days of Service, May 1-16. To volunteer, go to OsuAlum.com.

ONLINE EXHIBITS

Jordan Schnitzer Museum of Art, Jsma.Uoregon.edu.

Karin Clarke Gallery, KarinClarkeGallery.com.

Maude Kerns Art Center ("A Change of Space"), MkCenter.org.

White Lotus Gallery, WLotus.org.

ONLINE LECTURES/CLASSES

Opportunities at Extension. OregonState.edu, Oregon State University Extension Service.

ONLINE PERFORMANCE

FANS on Relix.com. Performances by Joe Russo's Almost Dead, G. Love 'Live From Home' & Devon Allman. Some streams FREE, others cost. More info at Relix.com.

Pickathon, "60 Concerts in 60 Days," 1pm every day. More info at PickaThon.com.

ONLINE SPIRITUAL

Blue Cliff Zen Ctr, via Zoom. Meetings can be found at BlueCliffZen.org.

THURSDAY

APRIL 30

HEALTH

NAMI Family Support Zoom Group, 7pm, RSVP at NamiLane.org.

LECTURES/CLASSES

Spread Peace: Free One-Hour Online Group Support, noon-1pm. RSVP at BethGreen.as.me.

Stay at Home Lecture series w/ OSU College of Forestry, 3pm, via Zoom at Forestry.OregonState.edu.

ONLINE PERFORMANCE

Eugene Symphony Quirky Thursdays, 5pm, Francesco Lecce-Chong's Facebook page.

ON THE AIR

"The Point," 9am, KOPV, 88.0 FM

"Arts Journal," 9pm, Comcast channel 29.

Thursday Night Jazz, 10pm, KLCC, 89.7 FM

FRIDAY

MAY 1

ONLINE FAMILY GATHERINGS

Oregon Zoo Live, activities developed by an award winning education team aimed at K-5, 9:30am, OregonZoo.org.

ONLINE GATHERINGS

Eugene City Club Candidate Forum, Eugene Mayor, part 2 (Lucy Vinus, Thomas Hiura, Robert Patterson, Benjamin Ricker, Stacy Westover, Matthew Yook & Zondie Zinke are the candidates), noon-1:30pm, broadcast on Eugene City Club Facebook page, then available on YouTube. Airs again on Monday, May 4 at 7pm on KLCC, 89.7 FM.

MindFreedom Oregon: May Day Zoom to Human Rights & Mental Health, 2pm. More info at MindFreedom.org.

ONLINE PERFORMANCE

Eugene Symphony Epic Fridays, 5pm, Francesco

Lecce-Chong's Facebook page.

Featured artists & bands w/ Kidz Rock Online Music & Arts Festival (The Chorduroys & JAM, MEPAA Youth Program Bands & Band Member Videos, Marco, Annora, Taz, Jesse - The Chorduroys, Jack, Auron, Marco - JAM) 6-8pm. More info at the KidzRockJamz Facebook page.

"Virtual Cinema" w/ Broadway Metro. More info at BroadwayMetro.com.

SATURDAY

MAY 2

FARMERS MARKETS

Lane County Farmers Market, 9am-3pm, Park Blocks, E. 8th Ave. & Oak St. Please obey social distancing manners.

ONLINE GATHERINGS

Staying in the Heart, an online Celebration of Life, part 2, 5pm, presented by Valley Education & Events Ctr Meadowsong Village. More info at Staying in the Heart Facebook page.

ONLINE PERFORMANCE

Featured artists & bands w/ Kidz Rock Online Music & Arts Festival (Mest Up, MEPAA Youth Program Band and Band Member Videos, Lucas, Miles, Justin, Morgan, Dakota & Katey) 3-5pm. More info at the KidzRockJamz Facebook page.

Covchella, 4pm, on Twitch platform. More info at Covchella Online Music Festival Facebook page.

ON THE AIR

The Dr. Yeti Show, 10pm-midnight, KOFC, 92.7 FM or streamed at KOFC.org.

SUNDAY

MAY 3

HEALTH

Occupy Medical, noon-4pm, 1717 Centennial Blvd, Springfield.

SPIRITUAL

All churches have been shuttered. Consult your church website for live-streamed worship times.

Eugene Insight Meditation Community, 6:30pm, via Zoom. More info at Eugene-Insight.com.

MONDAY

MAY 4

ONLINE GATHERINGS

Granny Rocks, 6:30pm. RSVP at BethGreen.as.me.

HEALTH

Connection Peer Support Zoom Group @ NamiLane.org, 6pm. RSVP at NamiLane.oth.

LECTURES/CLASSES

Musical Mondays (music education videos), 10am, Eugene Symphony Orchestra Facebook page.

Lunchtime Meditation, noon-12:30pm. More info at MeditateInEugene.org. \$5

Life without Fear and Anxiety, 6-7:30pm. More info at MeditateInEugene.org. \$10.

Strength & Mobility Mondays for runners taught by Jake Stephens, DPT, of Cooperative Performance & Rehab, 6pm, RunHub Facebook page.

ONLINE PERFORMANCE

Featured artists & bands w/ Kidz Rock Online Music & Arts Festival (McKayla Marie), 6-8pm. More info at the KidzRockJamz Facebook page.

ONLINE RECREATION

Trivia w/ Dr. J & Gina Juice, 7pm. More info at Jameson's Bar Facebook page.

TUESDAY

MAY 5

ONLINE GATHERINGS

Virtual Queer Town Hall w/ BasicRights.org, 9am, More info at BasicRights.org.

Classic Tuesdays w/ Eugene Symphony Orchestra, 5pm, Francesco Lecce-Chong's Facebook page.

LECTURES/CLASSES

Lunchtime Meditation, noon-12:30pm. More info at MeditateInEugene.org. \$5.

Day Writing for Adults ('Like Day Drinking, But With Words!'), 2-4pm, WordCrafters.org. \$5-10.

Beginning Meditation, 6-7:30pm, More info at MeditateInEugene.org. \$10.

WEDNESDAY

MAY 6

HEALTH

Connection Peer Support Zoom Group @ NamiLane.org, 6:30pm. RSVP at NamiLane.org.

ONLINE FAMILY ENTERTAINMENT

Little Notes Music Time, 9:30am, More info at Eugene Suzuki Music Academy Facebook page.

ONLINE GATHERINGS

The kids are fine. They just need to break out of the tedium of a pandemic-driven lockdown. Don't we all? The Music Education & Performing Artists Association (MEPAA) is ready and eager through the month of May to help relieve the built-up tension and showcase the kids with its annual fundraiser, the **Kidz Rock Music & Arts Festival**. This year's edition, the fourth annual, is online, of course. Still, featured artists already are lined up through May 25, and MEPAA is taking more submissions. The kids are hungry to get out and perform, and Facebook will be the platform for viewing live and pre-recorded events. MEPAA also hosts Grrrlz Rock and MuseArt, and organizers note that the coronavirus pandemic has forced the cancellation of more than a dozen concerts and fundraisers. But MEPAA has found at least one way to keep the show going in May, and families can submit their videos or art photos to MPAA. org@Gmail.com through May 15 to be considered for inclusion. MP4, JPEG formats or links to existing Facebook videos work best.

The Kidz Rock Online Music & Arts Festival itself kicks off 6 pm May 1 with featured bands and performers.

Featured bands and performers continue 3 pm May 2 and 6 pm May 4. At 1 pm Sunday, May 3, there will be family videos shown as well as music mentor highlights. More information, as well as the performances, can be found at the Kidz Rock Facebook page. FREE, though donations are accepted. — *Dan Buckwalter*

Family Wednesdays w/ Eugene Symphony Orchestra, 5pm, Francesco Lecce-Chong's Facebook page.

Granny Rocks, 6:30pm. RSVP at BethGreen.as.me.

LECTURES/CLASSES

Quaran-teen Write-In, 10-11am, WordCrafters.org. \$5.

Lunchtime Meditation, noon-12:30pm. More info at MeditateInEugene.org. \$5.

THURSDAY

MAY 7

HEALTH

NAMI Family Support Zoom Group @ NamiLane.org, 7pm. RSVP at NamiLane.org.

LECTURES/CLASSES

Spread Peace: Free One-Hour Online Group Support, noon-1pm. RSVP at BethGreen.as.me.

Stay at Home Lecture series w/ OSU College of Forestry, 3pm, via Zoom at Forestry.OregonState.edu.

ONLINE PERFORMANCE

Eugene Symphony Quirky Thursdays, 5pm, Francesco Lecce-Chong's Facebook page.

ON THE AIR

"The Point," 9am, KOPV, 88.0 FM

"Arts Journal," 9pm, Comcast channel 29.

Thursday Night Jazz, 10pm, KLCC, 89.7 FM

ATTENTION

Eugene Public Library is expanding online access in order to support Eugene area students and community members while its public buildings are closed due to the Covid-19 virus. Because many online services require a library card, the library will register new cardholders by phone. People who live in the Eugene area but outside city limits will be issued temporary cards at no charge. Expired and blocked cards may also be used at this time. To register for a new card or renew an expired card, call Eugene Public Library at 541-682-5450, 10 am to 6 pm, any day of the week.

Are you a solo musician or in a band in need of some public attention and love during this Covid-19 pandemic? Simply go to the Eugene Weekly website and go to the calendar listings, or email dan@eugeneweekly.com to get your music eyes it deserves. All of us could use your talents.

No Virgin Mary

WRITER/ACTOR KELLY O'SULLIVAN SHINES AS ONE MESS OF A NANNY IN ***SAINT FRANCES***

By Rick Levin

We've been seeing a lot of this in cinema lately: A young or at least youngish woman, a millennial or cusping thereabouts, intelligent but adrift, overeducated but underemployed, a rebel with a cause but also deeply concerned with how she fits in the world, comes to a reckoning that is no less turbulent and life-altering for being unspectacular, at least to all outward appearances.

The key signature of these movies is minor and comic, with a worn edge of weary feminism, as though years of rage and warfare have led not to surrender but to a kind of wisdom often mistaken for cynicism. As Bridget (Kelly O'Sullivan) blurts out near the end of *Saint Frances*, the hedged but impactful debut by director Alex Thompson: "Why am I crying? I'm an agnostic feminist!"

It's one of the best moments in a film full of wry left jabs at the crisis of modern womanhood, not just as it's experienced but as it's expressed in endless movies that flag themselves, sometimes a bit too overtly, as curatives to that crisis.

Played expertly by O'Sullivan, Bridget is a 34-year-old college dropout who, at romantic and financial loose ends, applies for a summer job nannying the 6-year-old daughter (the fantastic Ramona Edith Williams as Frances) of an upper-middle-class lesbian couple (Lily Mojekwu and Charin Alvarez) with a newborn son.

A smart comedy with a dark, but not too dark, streak, *Saint Frances* never resorts to being an issue movie, though it's loaded with issues, including Bridget's abortion, which provides a narrative undercurrent that never bursts into an oversized political flare.

In fact, the balance brought to bear on what we call "women's issues" is the chief pleasure of the film. O'Sullivan wrote the screenplay, and she brings a balance of tenderness and frankness to her character's concerns — including menstrual blood, which courses and spots and

stains throughout the film like its own subplot — that is quietly revolutionary and often hilarious.

The ironic force of the movie, and what sparks much of its comedy, is that Frances is anything but a saint. As befits her character, she's a big-hearted fuck-up slouching toward redemption, and despite her verbal diarrhea and romantic blundering, she's sharp enough to learn from her mistakes. That's good enough, and director Thompson keeps his gaze gentle, finding subtle rhythms

in the narrative that give us the feeling of eavesdropping intimately on Frances' life, rather than being exposed to it.

Would that there were more movies like this, ones that treat their female leads as flawed, complex, three-dimensional people subjected not just to being "women" but to being fully realized human beings. In this regard, *Saint Frances* quietly extends its reach into the great hidden and largely unspoken subject of class in American life and how it operates not just on women but between them as well.

Sly, funny and authentically heartwarming, *Saint Frances* is at once a diversion from our troubled times and a look right into its deepest realities. In its lead character, we find the lost-generation portrait of a 30-something that is at once familiar in its trappings and new in its emotional resonance. It's only when you stop laughing that you realize how quietly, disarmingly brave it all is. ■

Saint Frances, along with a host of other titles, is being offered through Broadway Metro's Virtual Cinema program, which allows you to watch new releases at home. You can also order popcorn and growlers for delivery. For more information, visit BroadwayMetro.com.



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**EUGENE
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Trauma and Transformation

EUGENE AUTHOR RELEASES SECOND NOVEL WHILE UNDER QUARANTINE

By Donny Morrison

When Eugene writer Marjorie Celona was working on their (Celona prefers they/them pronouns) first best-selling novel, 2012's *Y*, they used money earned from teaching to rent a cabin in upstate New York and committed to hunkering down and finally finishing a book.

Nearly a decade before COVID-19, Celona socially distanced themselves for however long it took to produce a work of fiction.

"I've always been obsessed with self-exile, particularly [John] Milton's, as I used to be a great lover of poetry," Celona says. "I was writing sometimes 14 hours a day. It was like one of those writer clichés that people talk about and, sure enough, I've never experienced anything like that since."

Their second novel, *How a Woman Becomes a Lake*, was released in early March, just as the world was preparing for a quarantine. In contrast to their first novel, *How a Woman Becomes a Lake* was originally an uneven short story from Celona's days at the Iowa Writers' Workshop. They returned to the story only after writing their first novel, meeting their partner and having a kid. This time, the writing process was no cabin in the woods.

"For so long it was just this story about this angry boy and his father," Celona says. "Then it became the story of Vera Gusev's disappearance — this 30-year-old Tarkovsky-obsessed filmmaker who disappears on New Year's Day."

Celona ended up with a missing-person story folded into a sprawling family drama told from multiple perspectives.

How a Woman Becomes a Lake easily separates itself from other contemporary genre fiction by remaining true to its literary roots. Every character is richly thought out and driven by internal motivations. The writing has an emotional maturity that allows readers to easily transport themselves through the different perspectives.

For the family at the heart of the novel, the future was always destined to be shaped and molded by past traumas. These traumas show themselves in a myriad of ways, and that's part of the success of the novel — its ability to be more than one thing. Heavy themes like familial violence and childhood trauma are uniquely approached in order to let readers in.

How a Woman Becomes a Lake shares its title with a 2018 *New Yorker* essay by Jia Tolentino. In the essay, Tolentino longs for the calmness of a lake; the serenity of truly knowing everything will be all right — but when she looks around, all she sees is the utter degradation of society.

"It was one of those essays where you just think to yourself, 'This is exactly what I needed to read right now,'" Celona says. "Once I found the title, it seemed like the book couldn't have been titled anything else. I reached out, and she was so happy to let me use it."

They add: "Ultimately, it's a book about transformation — and here's where the title really rears its head — the way grief transforms us; the way love transforms us."

Originally from Victoria, British Columbia, Celona holds dual citizenship in the U.S. and Canada. Their previous novel, *Y*, won for Best Foreign Novel at France's Grand Prix Littéraire de l'Héroïne in 2014. Their short stories have



MARJORIE CELONA

Photo by Jay Eads

been featured in numerous publications, including *The O. Henry Prize Stories*, *The Best American Nonrequired Reading*, *The Southern Review*, *Harvard Review* and *The Sunday Times*.

Celona is an assistant professor in the creative writing program at the University of Oregon, where classes have been shifted to remote learning for the foreseeable future. The national book tour for *How a Woman Becomes a Lake* was canceled as well, but Celona doesn't feel sorrow is justified, knowing it could be much worse.

"The travel will be rescheduled, maybe; the book will be read, maybe. I'm in control of none of it," Celona says. "[I'm] trying to focus on the tiny pleasures of life. Our family's daily afternoon walk, for instance. All the magnolia trees of Eugene. Hundreds of geese in a high school football field. The canals — typically full of trash and dead bodies — now clear and full of ducks.

"Okay, making up the bodies part..." ■

How a Woman Becomes a Lake is available everywhere books are sold. Penguin Random House Canada, \$24.95.

visual arts

Creative Healing

BECOMING AN ARTIST WHILE BEING LOCKED DOWN

By Will Kennedy

Art began to creep into my social media feed not long after isolation hit: parents sharing their children's sketches or their own personal doodles. Some shared bits of writing, or re-created children's book covers with common household objects. Others made and shared original memes inspired by current events, or what a drag it is to be stuck indoors, and almost all of

it came from people who would not otherwise consider themselves artists.

Asked why they're creating and sharing art in a stressful time like the COVID-19 outbreak, most would say they're just staving off boredom. Turns out they're doing a lot more than that, according to Grace Fletcher, a Eugene-based licensed art therapist and licensed professional counselor.

"They've done studies. To quiet the brain, you need to access a different part of the brain," Fletcher says, and creating art does just that.

Accessing the creative, nonverbal part of the brain, she continues, allows more subconscious material to come forward. She adds: "Then when we talk about it we bring that other part — our verbal part, our logical part — back online."

A licensed professional counselor and licensed art therapist (a brand-new type license in Oregon as of 2019), Fletcher has moved all her clients online post-coronavirus, and even picked up one client interested in managing virus-related anxiety.



GRACE FLETCHER

Working with art therapy clients who are struggling with anxiety in a formal session, Fletcher might have them try watercolors, or if they have anger challenges, they might try ripping paper or creating an angry sculpture.

She also gives her clients creative homework.

"The art gets used in two ways," she says. "It's used as the therapy itself," but more than anything, the art gets used to explore what's going on visually rather than nonverbally, which some people prefer. "Sometimes I'll ask people to make an image of what their anxiety feels like, or how their depression feels," she says. "That enables them to look at what's going on differently than just talking about it."

No prior experience is necessary, Fletcher says. "Art therapy is a way of working with things a little differently. Some people appreciate the chance to express themselves creatively and not verbally. I feel like everybody has artistic ability." ■

For more information about Fletcher's services, go to ArtWithGrace-Counseling.com.



DJ KELLALIT

Photo by Sarah Northrop

Couching for a Cause

LIVE-STREAMED MUSIC FESTIVAL TO BENEFIT FOOD FOR LANE COUNTY

By Will Kennedy

OK, maybe Coachella isn't happening this year. But Saturday, May 2, Covchella, an online music and arts festival, will stream live on the Twitch platform. Covchella's lineup features 14 Oregon-based musicians, many from Eugene, and the event, organized by Richard Lathrop, an electronic artist performing as **Ghostnaps**, benefits FOOD for Lane County.

Lathrop launched the event as a way to give back during COVID-19. He also wanted to provide a way for artists to take advantage of the current boom in live streaming. "FOOD for Lane County is really doing incredible things in this confusing, terrifying time," Lathrop says, "and I want to help give them as much support as possible."

Each artist performing will stream from their own space, with assistance provided by Lathrop to ensure audio quality and consistency. In addition to Lathrop,

Eugene rock band **The Macks** will also perform at the event. Performing to no in-person audience via a live stream is pretty close to the real thing, Macks guitarist Ben Windheim says. He's also happy to help out a local



Photo by Ian Enger

organization like FOOD for Lane County. "It was a no-brainer," he says.

Also appearing at Covchella is Kelly Gehlen, a DJ and EDM producer based in Eugene who performs as **DJ Kellalit**. Gehlen says when Lathrop asked her to be involved in the event, she was ecstatic, but the live-streaming experience takes some getting used to. "Performing on live streams is different because there isn't anyone directly in your face to feed off," she says. "However, the high of performing live is still there."

As an artist, Gehlen has felt the impact of COVID-19, and she's happy to use this opportunity to reach out to others in need of help during this time. "There is a whole world of people who need assistance," she says. "It's great that we can all do this for a cause."

Covchella is 4 pm Saturday, May 2, on the Twitch platform; FREE with suggested donation, proceeds benefit FOOD for Lane County. For a full lineup, search Covchella Online Music Festival on Facebook.

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Outdoors for Quarantine Time

WAY IN THE WOODS: NAVIGATING THE OUTDOORS IN COVID-19

By Chandra LeGue

In this time of “Stay home, stay safe,” at least we have the outdoors. Wait! Don’t go outside! There’s too many people, it’s risky and many places are off limits during the pandemic crisis!

How do we navigate the mixed messages we’re getting (changing almost daily like so much other news) while still getting the mental and physical benefits of nature as we shelter in place?

First, take a deep breath of the pollen-filled air, exhale and summon your patience and compassion for everyone dealing with the same frustrations you are. And while many outdoor enthusiasts may have trouble with trailhead and park closures, let’s all agree that people are trying their best to make the right decisions to keep our communities and individuals safe from COVID-19.

It’s hard to keep on top of all the closures and guidelines, but as of press time all of Oregon’s state parks and campgrounds are closed. Lane County and city of Eugene park facilities such as restrooms, picnic areas and playgrounds are off limits, but open spaces, trailheads and trails are open, provided proper social distancing measures are taken. Most National Forests have closed all developed recreation sites, including campgrounds, trailheads with restrooms, hot springs, boat launch facilities and off-highway vehicle trailheads.

If you’re planning to leave your immediate neighborhood to recreate in the still-open areas, please follow all the same health and safety precautions you would use to go to the grocery store: Don’t go out if you feel ill, wash your hands before leaving home and when you return, and maintain the recommended distance from other people — which might mean stepping off the trail to let others pass.

Other considerations include not taking risks (do you really want to have to go to urgent care for an injury right now?), picking a different trail if an area is crowded and being self-sufficient for snacks, water and using the restroom. Finally, stay local! Going to the coast, for example, (if you don’t live there) opens up both you and coastal communities to more risk and violates the “stay home, stay safe” order. Remember, your favorite places will still be there when it’s safe to visit them again.

While I’m as ready as the next hiker to lace up my boots and enjoy the spring trails, I’m staying at home, walking in my neighborhood and only visiting city and county parks where I can practice safe distancing. Here



Photo by Chandra LeGue

are some thoughts to help *Eugene Weekly* readers through the coming weeks and months while it’s not possible (or not a good idea) to go hiking, camping or exploring our lovely state.

Backyard Nature

I’m lucky enough to live in an area of Eugene with plenty of nearby parks and quiet, tree-lined streets, and to have a home with a yard, garden and urban wildlife (chattering, strutting turkeys, anyone?).

I’ve spent years learning about native plants and wildlife that I encounter out on trails across Oregon, and while there are plenty of critters, flowers and trees in my yard and around town that aren’t native, there is a lot of overlap and thus a great opportunity to use your own backyard as a learning lab for when it’s time to go hiking again. If you don’t have any field guides lying around the

house, consider ordering some for pickup from your local bookstore or downloading apps (many of them free, like iNaturalist, and others well worth the cost, like Oregon Wildflowers) to get to know the birds, insects, flowers and trees right around where you live.

Consider taking notes on what you see in a nature journal (scrap paper works just fine). Do honey bees or bumble bees seem to like certain flowers more than others? When do the first flowers on the neighbor’s red flowering currant open? And what’s that black-headed bird with white spots and orange sides that likes to dig around in the leaf litter outside your window?

Many nurseries are still open, and with your new-found native plant knowledge now is a good time to consider adding some native plants to your landscape. Natives are beautiful, often take less water and maintenance and attract native pollinators. Some of my favorites include red flowering currant and Oregon grape (currently in bloom), evergreen huckleberry, lupine, delphinium and Oregon iris. These are the same plants you would see on your hikes in the Cascade foothills or nearby natural areas, but with the right location in your yard, they will thrive under your care, too. (Good resources for native plant gardening can be found at OSU Extension and the Native Plant Society of Oregon.)

Plan for the Future

If the thought of being confined to your home and neighborhood is starting to get to you, consider that this is a perfect time to start planning for future hikes and outdoor activities. Take a look at the hiking guide books you might have and prioritize places you want to visit for a day hike, road trip or backpack. Do some online research for campgrounds in areas you’d like to visit, plan a route and make a list of any permits you might need. This is also a great time to inventory your gear. Do you have the 10 essentials and any specialized items for the type of activities you want to do? Look for deals online, or take some time to repair that rip in your backpack, get new boot laces or re-waterproof your jacket. When it’s safe to get back out there, you’ll be ready! ■

Chandra LeGue of Eugene is the author of the book Oregon’s Ancient Forests: A hiking guide and is the western Oregon field coordinator for Oregon Wild, where she advocates for the protection and restoration of Oregon’s forests and wild places.

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LEGAL NOTICES

Legal Notices

CIRCUIT COURT OF OREGON COUNTY OF LAKE Case No. 20PRO0346 Notice by Publication under ORS 125.065(2) (Guardianship) In re proposed guardianship of: **BROOKELYN KAY HARRISON**. DOB: 03-08-2002 TO: **LARRY GRIFFITH**, fka **LARRY KAY HARRISON, JR.**, father. A Petition to appoint Jamie M. Harrison as guardian for Brookelynn Kay Harrison was filed on February 26, 2020. No hearing has been scheduled. A hearing will be scheduled if someone objects. YOU MAY OBJECT TO THE PETITION. IF YOU DO NOT FILE AN OBJECTION IN THIS MATTER ON OR BEFORE MAY 15, 2020, THE COURT MAY ENTER A JUDGMENT GRANTING THE RELIEF REQUESTED. To request a copy of the Notice and Petition, call Sylvia Sycamore, Attorney for the Petitioner at 541-683-8124, or contact her by mail at Sylvia Sycamore, PC, 132 E. Broadway, Suite 410, Eugene, OR 97401. To object to the Petition, contact the Lane County Probate Department at: Lane County Circuit Court - Probate Dept., 125 E. 8th Avenue, Eugene, OR 97401 - 541-682-4255. DATED this 7th day of April, 2020.

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By: Sylvia Sycamore, Attorney for Petitioner Sylvia Sycamore, PC 132 E. Broadway, Suite 410 Eugene, OR 97401 541-683-8124 sylvia@sylviasycamore.com Published April 16, April 23, and April 30, 2020.

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR BENTON COUNTY Case No. 20PB01829 **NOTICE TO INTERESTED PERSONS** in the matter of the Estate of Donna Grace Schneider, Deceased. **NOTICE IS HEREBY GIVEN** that Ronald L. Sperry III has qualified and been appointed as the Personal Representative of the estate. All persons having claims against the estate are hereby required to present them, with proper vouchers, within four months after the date of first publication of this notice, as stated below, to the Personal Representative, Ronald L. Sperry III, c/o DC Law, McKinney & Sperry, PC, P.O.

Box 1265, Roseburg, OR 97470, or the claims may be barred. Dated and first published this 23rd day of April, 2020. Personal Representative: Ronald L. Sperry III, OSB #091525 DC Law McKinney & Sperry PC PO Box 1265 Roseburg, OR 97470 Telephone: 541-673-4451 Fax: 541-673-1202

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LAKE COUNTY Case No. 20PB00180 **NOTICE TO INTERESTED PERSONS** in the matter of the Estate of Wren Denise Gardner, Deceased. **NOTICE IS HEREBY GIVEN** that Ronald L. Sperry III has qualified and been appointed as the Personal Representative of the estate. All persons having claims against the estate are hereby required to present them, with proper vouchers, within four months after the date of first publication of this notice, as stated below, to the Personal Representative, Ronald L. Sperry III, c/o

DC Law, McKinney & Sperry, PC, P.O. Box 1265, Roseburg, OR 97470, or the claims may be barred. Dated and first published this 16th day of April, 2020. Personal Representative: Ronald L. Sperry III, OSB #091525 DC Law McKinney & Sperry PC PO Box 1265 Roseburg, OR 97470 Telephone: 541-673-4451 Fax: 541-673-1202

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LAKE COUNTY Juvenile Department In the Matter of **JAGGER RAY JAMES**, A Child TO: Seaira Dawn Smith aka Seaira Dawn James Case No. 19JU08015 **PUBLISHED SUMMONS IN THE NAME OF THE STATE OF OREGON:** A petition has been filed asking the court to terminate your parental rights to the above- named child for the purpose of placing the child for adoption. **YOU ARE REQUIRED TO PERSONALLY APPEAR BEFORE** the Lane County Juvenile Court at 2727 Martin Luther King Jr. Blvd., Eugene, OR 97401, on the 6th day of August, 2020 at 10:00 a.m. to admit or deny the allegations of the petition and to personally appear at any subsequent court-ordered hearing. **YOU MUST APPEAR PERSONALLY IN THE COURTROOM ON THE DATE AND AT THE TIME LISTED ABOVE. AN ATTORNEY MAY NOT ATTEND THE HEARING IN YOUR PLACE. THEREFORE, YOU MUST APPEAR EVEN IF YOUR ATTORNEY ALSO APPEARS.** This summons is published pursuant to the order of the circuit court judge of the above- entitled court, dated February 11, 2020. The order directs that this summons be published once each week for three consecutive weeks, making three publications in all, in a published newspaper of general circulation in Lane County, Oregon. Date of first publication: 04/30/20 Date of last publication: 05/14/20 **NOTICE READ THESE PAPERS CAREFULLY IF YOU DO NOT APPEAR PERSONALLY BEFORE THE COURT AS DIRECTED ABOVE, THEN YOU MUST APPEAR ON AUGUST 20, 2020 AT 10:00 A.M. AT THE SAME ADDRESS LISTED ABOVE. IF YOU FAIL TO APPEAR FOR BOTH OF THESE DATES OR DO NOT APPEAR AT ANY SUBSEQUENT COURT-ORDERED HEARING,** the court may proceed in your absence without further notice and **TERMINATE YOUR PARENTAL RIGHTS** to the above-named child either **ON THE DATES SPECIFIED IN THIS SUMMONS OR ON A FUTURE DATE,** and may make such orders

and take such action as authorized by law. **RIGHTS AND OBLIGATIONS (1) YOU HAVE A RIGHT TO BE REPRESENTED BY AN ATTORNEY IN THIS MATTER.** If you are currently represented by an attorney, **CONTACT YOUR ATTORNEY IMMEDIATELY UPON RECEIVING THIS NOTICE.** Your previous attorney may not be representing you in this matter. **IF YOU CANNOT AFFORD TO HIRE AN ATTORNEY,** and you meet the state's financial guidelines, you are entitled to have an attorney appointed for you at state expense. **TO REQUEST APPOINTMENT OF AN ATTORNEY TO REPRESENT YOU AT STATE EXPENSE, YOU MUST IMMEDIATELY CONTACT** the Lane County Juvenile Department, 2727 Martin Luther King Jr. Blvd., Eugene, Oregon 97401, phone number 541/682- 4754, between the hours of 8:00 a.m. and 5:00 p.m. for further information. **IF YOU WISH TO HIRE AN ATTORNEY,** please retain one as soon as possible and have the attorney present at the above hearing. If you need help finding an attorney, you may call the Oregon State Bar's Lawyer Referral Service at (503) 684-3763 or toll free in Oregon at (800) 452-7636. **IF YOU ARE REPRESENTED BY AN ATTORNEY, IT IS YOUR RESPONSIBILITY TO MAINTAIN CONTACT WITH YOUR ATTORNEY AND TO KEEP YOUR ATTORNEY ADVISED OF YOUR WHEREABOUTS.** (2) If you contest the petition, the court will schedule a hearing on the allegations of the petition and order you to appear personally and may schedule other hearings related to the petition and order you to appear personally. **IF YOU ARE ORDERED TO APPEAR, YOU MUST APPEAR PERSONALLY IN THE COURTROOM, UNLESS THE COURT HAS GRANTED YOU AN EXCEPTION IN ADVANCE UNDER ORS 419B.918 TO APPEAR BY OTHER MEANS INCLUDING, BUT NOT LIMITED TO, TELEPHONIC OR OTHER ELECTRONIC MEANS.** AN ATTORNEY MAY NOT ATTEND THE HEARING(S) IN YOUR PLACE. **PETITIONER'S ATTORNEY** Nicholas R. Balthrop Assistant Attorney General Department of Justice 975 Oak Street, Suite 200 Eugene, OR 97401 Phone: (541) 686-7973 **ISSUED** this 15TH day of April, 2020 Issued by: /s/ Nicholas R. Balthrop Nicholas R. Balthrop, #153110 Assistant Attorney General

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Jonesin' Crossword

BY MATT JONES
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Across

1 Meat in a can
5 Satirical internet comedy group since 2002
10 Media monitor, briefly
13 Bones beside radiuses
15 Former capital of Japan (and anagram of the current capital)
16 Pie ___ mode
17 Type of information listed on 62-Across
19 Former "Great British Bake Off" cohost Giedroyc
20 Mingle amongst
21 "That was my best effort"
23 Lumberjack, colloquially
25 "Who ___ is going?"
26 "___ additional cost!"
30 "Atlas Shrugged" author Rand
31 Hybrid lemon variety
32 Moisturizer stick that Kellogg's once actually sold, based on retro 62-Across
35 "Take ___ Train" (Duke Ellington song)
37 Passionate
38 Completely absorbed
42 Perry Mason creator ___ Stanley Gardner
44 "It stays ___, even in milk!" (claim for some contents of 62-Across)
45 Actor Colm of "Chicago" and "Thor"
48 New, to Beethoven
50 Risque message
51 NYPD alerts
52 Showtime series about a killer of killers
55 Burger topping
57 Did some indoor housework
61 Make mistakes
62 Containers at the breakfast table (represented by the circled letters)
65 Apple's mobile devices

Down

1 Grapefruit, in school solar system models
2 "Clue" Professor
3 Against
4 Groucho of comedy
5 Winter Olympics squad
6 "Goodness gracious!"
7 Ending for ball or buff
8 Laundry mark
9 "Brooklyn Nine-Nine" captain Raymond
10 Target of a G rating
11 "A Fish Called Wanda" star
12 Mobile artist Alexander
14 Dancer and YouTube star JoJo
18 Box office buys, briefly

"Bowl Games"

-I'm busy reading the back.

22 Gains again, as trust
24 Six-legged colony member
26 Furry TV alien
27 "Formal Friday" wear
28 "All Songs Considered" broadcaster
29 "Heads" side of a coin
31 List of options
33 Frigid ending?
34 "Bad" cholesterol letters (I have trouble remembering which is which)
36 "Tell ___ About It" (Billy Joel hit)
39 Deck member
40 Code for Arizona's Sky Harbor Airport
41 News program created by Cenk Uygur, for short
43 Dir. from Denver to Chicago
44 Pirate's sword
45 "Look at the facts!"
46 "Julie & Julia" director Nora
47 Singer-songwriter Conor
49 Word after "I before E"
52 Tractor manufacturer John
53 Finless fish
54 "Sticks and Bones" playwright David
56 Sketch show with Bob and Doug McKenzie
58 Shows approval
59 Door sign
60 Art ___ (style from 100 years ago)
63 Went on the ballot
64 Engine additive brand

ANSWERS TO LAST WEEK'S

BLANC	DRAM	KURT
RAJAH	RASA	USDA
AGAME	ENID	REST
DOMEA	BIGFAVOR	
	OTO	MIS
SCI	DOURLEMAJOR	
YAN	APPLES	WIPE
NIFTY	TIA	HAVEN
OREO	CONNIE	ERE
DORM	MONITOR	SAW
	JOG	TAM
	DOWNE	SCALATOR
EVAN	AWOL	DRAMA
MORE	COLA	RIDIN
OWNS	SKEW	YEATS

FREE WILL ASTROLOGY

BY ROB BREZSNY

ARIES (MARCH 21-APRIL 19): I always hesitate to advise Aries people to slow down, be more deliberate, and pay closer attention to boring details. The Rams to whom I provide such counsel may be rebelliously annoyed with me — so much so that they move even faster and with less attention to the details. Nevertheless, I'll risk offering you this advisory right now. Here's my reasoning, which I hope will make the prospect more appealing: If you commit to a phase in which you temporarily invoke more prudence, discretion and watchfulness than usual, it will ultimately reward you with a specific opportunity to make rapid progress.

TAURUS (APRIL 20-MAY 20): Is there an area of your life where you would like a do-over? A chance to cancel the past and erase lingering messiness and clear a path for who-knows-what new possibility? The coming weeks will be an excellent time to prepare — not to actually take the leap, but rather make yourself ready for the leap. You will have God and fate and warm fuzzy vibes on your side as you dare to dream and scheme about a fresh start. Any mistakes you committed once upon a time could become irrelevant as you fantasize practically about a future breakthrough.

GEMINI (MAY 21-JUNE 20): In 1855, Gemini-born Walt Whitman published his book of poetry Leaves of Grass. A literary critic named Rufus Wilmot Griswold did not approve. In a review, he derided the work that would eventually be regarded as one of America's literary masterpieces. "It is impossible to imagine how any man's fancy could have conceived such a mass of stupid filth," Griswold wrote, adding that Whitman had a "degrading, beastly sensuality" driven by "the vilest imaginings." Whitman's crafty Gemini intelligence responded ingeniously to the criticism. In the next edition of Leaves of Grass, the author printed Griswold's full review. It helped sell even more books! I invite you to consider comparable twists and tricks.

CANCER (JUNE 21-JULY 22): In your efforts to develop a vibrant community and foster a vital network of connections, you have an advantage. Your emotionally rich, nurturing spirit instills trust in people. They're drawn to you because they sense you will treat them with care and sensitivity. On the other hand, these fine attributes of yours may sometimes cause problems. Extra-needy, manipulative folks may interpret your softness as weakness. They might try to exploit your kindness to take advantage of you. So the challenge for you is to be your generous, welcoming self without allowing anyone to violate your boundaries or rip you off. Everything I just said will be helpful to meditate on in the coming weeks, as you reinvent yourself for the future time when the coronavirus crisis will have lost much of its power to disrupt our lives.

LEO (JULY 23-AUG. 22): Now is an excellent time to take inventory of your integrity. You're likely to get crucial insights if you evaluate the state of your ethics, your authenticity, and your compassion. Is it time to boost your commitment to a noble cause that transcends your narrow self-interest? Are there ways you've been less than fully fair and honest in your dealings with people? Is it possible you have sometimes failed to give your best? I'm not saying that you are guilty of any of those sins. But most of us are indeed guilty of them, at least now and then. And if you are, Leo, now is your special time to check in with yourself — and make any necessary adjustments and corrections.

VIRGO (AUG. 23-SEPT. 22): I predict that you will have more flying dreams than usual in the coming weeks — as well as more dreams in which you're traveling around the world in the company of rebel angels and dreams in which you're leading revolutionary uprisings of oppressed people against tyrannical overlords and dreams of enjoying eight-course gourmet feasts with sexy geniuses in the year 2022. You may also, even while not asleep, well up with outlandish fantasies and exotic desires. I don't regard any of these likelihoods as problematical. In fact, I applaud them and encourage them. They're healthy for you! Bonus: All the wild action transpiring in your psyche may prompt you to generate good ideas about fun adventures you could embark on once the coronavirus crisis has ebbed.

LIBRA (SEPT. 23-OCT. 22): It's time to work your way below the surface level of things, Libra; to dig and dive into the lower reaches where the mysteries are darker and richer; to marshal your courage as you go in quest of the rest of the story. Are you willing to suspend some of your assumptions about the way things work so as to become fully alert for hidden agendas and dormant potentials? Here's a piece of advice: Your fine analytical intelligence won't be enough to guide you through this enigmatic terrain. If you hope to get face to face with the core source, you'll have to call on your deeper intuition and non-rational hunches.

SCORPIO (OCT. 23-NOV. 21): When was the last time you researched the intricacies of what you don't like and don't desire and don't want to become? Now is a favorable time to take a thorough inventory. You'll generate good fortune for yourself by naming the following truths: 1. goals and dreams that are distractions from your primary mission; 2. attitudes and approaches that aren't suitable for your temperament and that don't contribute to your maximum health; 3. people and influences that are not in alignment with your highest good.

SAGITTARIUS (NOV. 22-DEC. 21): Novelist Fyodor Dostoevsky believed that the cleverest people are those who regularly call themselves fools. In other words, they feel humble amusement as they acknowledge their failings and ignorance — thereby paving the way for creative growth. They steadily renew their commitment to avoid being know-it-alls, celebrating the curiosity that such blessed innocence enables them to nurture. They give themselves permission to ask dumb questions! Now is a favorable time for you to employ these strategies.

CAPRICORN (DEC. 22-JAN. 19): What wonderful improvements and beautiful influences would you love to be basking in by May 1, 2021? What masterpieces would you love to have as key elements of your life by then? I invite you to have fun brainstorming about these possibilities in the next two weeks. If an exciting idea bubbles up into your awareness, formulate a plan that outlines the details you'll need to put in place so as to bring it to fruition when the time is right. I hereby authorize you to describe yourself with these terms: begetter; originator; maker; designer; founder; producer; framer; generator.

AQUARIUS (JAN. 20-FEB. 18): If I asked you to hug and kiss yourself regularly, would you think I was being too cute? If I encouraged you to gaze into a mirror once a day and tell yourself how beautiful and interesting you are, would you say, "That's too woo-woo for me." I hope you will respond more favorably than that, Aquarius. In fact, I will be praying for you to ascend to new heights of self-love between now and May 25. I will be rooting for you to be unabashed as you treat yourself with more compassionate tenderness than you have ever dared to before. And I do mean EVER!

PISCES (FEB. 19-MARCH 20): In the coming weeks, I'd love to see you get excited about refining and upgrading the ways you communicate. I don't mean to imply that you're a poor communicator now; it's just that you're in a phase when you're especially empowered to enhance the clarity and candor with which you express yourself. You'll have an uncanny knack for knowing the right thing to say at the right moment. You'll generate blessings for yourself as you fine-tune your listening skills. Much of this may have to happen online and over the phone, of course. But you can still accomplish a lot!

Homework: What's the bravest thing you ever did? What will be the next brave thing you do? Testify at FreeWillAstrology.com

Go to RealAstrology.com

CHECK OUT EXPANDED WEEKLY AUDIO HOROSCOPES AND DAILY TEXT MESSAGE HOROSCOPES.

classifieds

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LANE COUNTY Probate Department In the Matter of the Estate of: **LORETTA ANN MOESTA**, Deceased. Case No. 20PB02570 NOTICE TO INTERESTED PERSONS NOTICE IS GIVEN that Christopher Moesta has been appointed personal representative of this estate. All persons having claims against the estate are required to present them, with vouchers attached, to the personal representative c/o Robert Cole Tozer, Attorney at Law, 975 Oak St., Suite 615, Eugene, OR 97401, (541) 345-0795, within four months of the date of first publication of this notice, or the claims may be barred. All persons whose rights may be affected by the proceedings may obtain additional information from the records of the court, the personal representative, or the personal representative's attorney, Robert Cole Tozer. DATED and first published April 23rd, 2020. Personal Representative /s/ Christopher Moesta

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LANE Juvenile Department In the Matter of: **SHAWN WYATT JOHNSON**, A Child. Case No. 19JU09005 **PUBLISHED SUMMONS TO: Jaimee Noel Johnson IN THE NAME OF THE STATE OF OREGON:** A petition has been filed asking the court to terminate your parental rights to the above-named child for the purpose of placing the child for adoption. **YOU ARE REQUIRED TO PERSONALLY APPEAR BEFORE** the Lane County Juvenile Court at 2727 Martin Luther King Jr. Blvd., Eugene, Oregon 97401, on the 2nd day of July, 2020 at 10:00 a.m. to admit or deny the allegations of the petition and to personally appear at any subsequent court-ordered hearing. **YOU MUST APPEAR PERSONALLY IN THE COURTROOM ON THE DATE AND AT THE TIME LISTED ABOVE. AN ATTORNEY MAY NOT ATTEND THE HEARING IN YOUR PLACE. THEREFORE, YOU MUST APPEAR EVEN IF YOUR ATTORNEY ALSO APPEARS.** This summons is published pursuant to the order of the circuit court judge of the above-entitled court, dated April 23, 2020. The order directs that this summons be published once each week for three consecutive weeks, making three publications in all, in a published newspaper of general circulation in Lane County. Date of first publication: 04/30/20 Date of last publication: 05/14/20 NOTICE READ THESE PAPERS CAREFULLY IF YOU DO NOT APPEAR PERSONALLY BEFORE THE COURT AS DIRECTED ABOVE, THEN YOU MUST APPEAR ON JULY 16, 2020 AT 10:00

A.M. AT THE SAME ADDRESS LISTED ABOVE. IF YOU FAIL TO APPEAR FOR BOTH OF THESE DATES OR DO NOT APPEAR AT ANY SUBSEQUENT COURT-ORDERED HEARING, the court may proceed in your absence without further notice and TERMINATE YOUR PARENTAL RIGHTS to the above-named child either ON THE DATES SPECIFIED IN THIS SUMMONS OR ON A FUTURE DATE, and may make such orders and take such action as authorized by law. RIGHTS AND OBLIGATIONS (1) YOU HAVE A RIGHT TO BE REPRESENTED BY AN ATTORNEY IN THIS MATTER. If you are currently represented by an attorney, CONTACT YOUR ATTORNEY IMMEDIATELY UPON RECEIVING THIS NOTICE. Your previous attorney may not be representing you in this matter. IF YOU CANNOT AFFORD TO HIRE AN ATTORNEY and you meet the state's financial guidelines, you are entitled to have an attorney appointed for you at state expense. TO REQUEST APPOINTMENT OF AN ATTORNEY TO REPRESENT YOU AT STATE EXPENSE, YOU MUST IMMEDIATELY CONTACT the Lane Juvenile Department at 2727 Martin Luther King Jr. Blvd, Eugene, OR 97401, at 541/682-4754, between the hours of 8:00 a.m. and 5:00 p.m. for further information. IF YOU WISH TO HIRE AN ATTORNEY, please retain one as soon as possible and have the attorney present at the above hearing. If you need help finding an attorney, you may call the Oregon State Bar's Lawyer Referral Service at (503) 684-3763 or toll free in Oregon at (800) 452-7636. IF YOU ARE REPRESENTED BY AN ATTORNEY, IT IS YOUR RESPONSIBILITY TO MAINTAIN CONTACT WITH YOUR ATTORNEY AND TO KEEP YOUR ATTORNEY ADVISED OF YOUR WHEREABOUTS. (2) If you contest the petition, the court will schedule a hearing on the allegations of the petition and order you to appear personally and may schedule other hearings related to the petition and order you to appear personally. IF YOU ARE ORDERED TO APPEAR, YOU MUST APPEAR PERSONALLY IN THE COURTROOM, UNLESS THE COURT HAS GRANTED YOU AN EXCEPTION IN ADVANCE UNDER ORS 419B.918 TO APPEAR BY OTHER MEANS INCLUDING, BUT NOT LIMITED TO, TELEPHONIC OR OTHER ELECTRONIC MEANS. AN ATTORNEY MAY NOT ATTEND THE HEARING(S) IN YOUR PLACE. PETITIONER'S ATTORNEY James F. Tierney Assistant Attorney General Department of Justice 975 Oak Street, Suite 200 Eugene, OR 97401 Phone: (541) 686-7973 ISSUED this 24th day of April, 2020. Issued by: /s/ James F. Tierney James F. Tierney #135444 Assistant Attorney General

NOTICE TO INTERESTED PERSONS ESTATE OF DARRELL WAYNE THOMAS LANE COUNTY CIRCUIT COURT CASE NO. 20 PB 01303 NOTICE IS HEREBY GIVEN that the undersigned has been appointed personal representative. All persons having claims against the estate are required to present them, with written evidence thereof attached, to the undersigned personal representative at Dava Nimmo, c/o Mark M. Williams, Attorney at Law, Gaydos, Churnside & Balthrop, PC, PO Box 1499, Eugene, OR, 97440. All persons having claims against the estate are required to present them within four months after the date of first publication of this notice to the Personal Representative at the address stated above for the presentation of claims or such claims may be barred. All persons whose rights may be affected by these proceedings ay obtain additional information from the records of the Court, the Personal Representative, or the Attorney for the Personal Representative, named above. Dated and first published April 30th, 2020. PERSONAL REPRESENTATIVE: Dava Nimmo 100 N. Grape Street, #303 Medford, OR 97501 ATTORNEY FOR PERSONAL REPRESENTATIVE: Mark M. Williams, OSB#821404 Gaydos, Churnside & Balthrop, PC PO Box 1499, Eugene, OR 97440 (541) 343-8060; Fax (541)343-1599 mark@oregonlegalteam.com

NOTICE TO INTERESTED PERSONS: Probate proceedings in the Estate of **MICHAEL WILLIAM KENDALL**, Deceased, are now pending in the Circuit Court of the State of Oregon for Lane County, Case No. **20PB02386**, and Denise Skipper has been appointed Personal Representative of the estate. All persons having claims against the estate are required to present the same, with proper vouchers, to the Personal Representative, c/o Gleaves Swearingen LLP, Attorneys at Law, 975 Oak Street, Suite 800, Eugene, OR 97401, within 4 months from the date of the first publication of this notice or such claims may be barred. **NOTICE IS FURTHER GIVEN** to all persons whose rights may be affected by the above entitled proceedings that additional information may be obtained from the records of the Court, the Personal Representative or the attorneys for the Personal Representative. Dated and first published this 30th day of April, 2020.



LEGAL NOTICES

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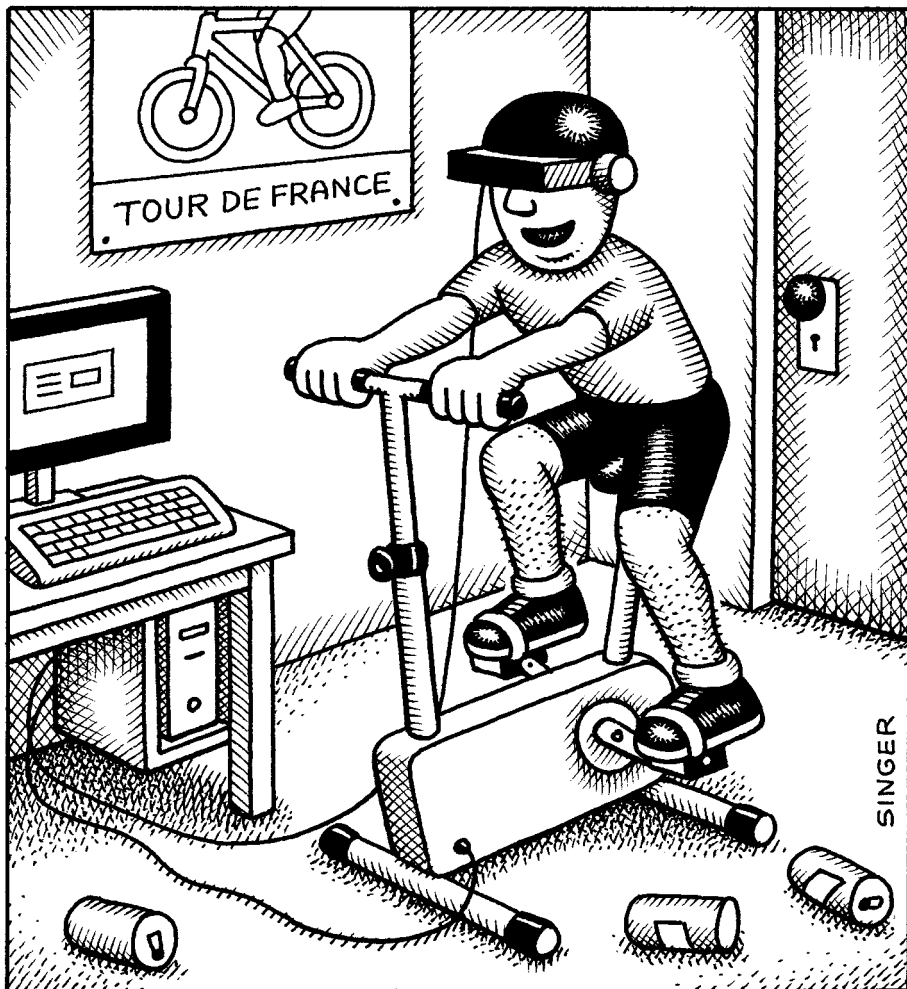
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BIKE TO WORK DAY

MAY 15, 2020



RED MEAT

carelessly flung mudpuppy chum

from the secret files of
Max Cannon

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SAVAGE LOVE

**Aroused
State**

BY DAN SAVAGE



I'm a 31-year-old female. Last week I suddenly started to experience an overwhelming, compulsive and near-constant state of physical arousal. I've masturbated so much looking for relief that my entire lower region is super sore and swollen and still, it's like my whole body is pulsating with this electric arousal telling me to ignore the pain and do it again. I have no idea if it's normal to suddenly have such a spike in libido, and I know a lot of people will say they wish they had this problem, but it's interfering with my daily activities because I can't focus on anything else. My college classes are suffering because of it. I've even had to remove my clitoral hood piercing, which I've had for over 10 years! I feel like I have all of the reasons — high anxiety related to the pandemic, being stuck with an alcoholic boyfriend in the house, tons of homework, finances are low — to warrant a lack of arousal, so why am I drowning in it? Everything I'm learning in class states that sexual desire lowers throughout the lifespan, so why am I literally pulsating with it? I really don't want to call my doctor if I don't have to. Any insight would be appreciated.

— Chronically Aroused

"There's a general belief that sexual arousal is always wanted — and the more the better," said Robyn Jackowich. "But in reality, persistent and unwanted sexual arousal can be very distressing."

Jackowich is a PhD candidate at Queen's University, where she works under the supervision of Dr. Caroline Pukall in the Sexual Health Research Lab. Jackowich has published numerous studies on Persistent Genital Arousal Disorder (PGAD), a condition characterized by a constant or frequently recurring state of genital arousal — sensations, sensitivity, swelling — in the absence of sexual desire. "In other words, there is a disconnect between what is happening in one's body and mind," said Jackowich, "and this can be both distressing and distracting."

And while you would think stress would tank your libido — and preliminary research shows that the pandemic is tanking more libidos than it's not — stress and anxiety can actually be triggers for PGAD.

As you've learned, CA, you can't masturbate your way out of this. So what do you do? Unfortunately, it's the thing you'd really rather not do: call your doctor.

"It's important to meet with a knowledgeable healthcare provider to ensure there is not another concern present that may be responsible for the symptoms and to access treatment," said Jackowich. "Research on treatments for PGAD is relatively new, so it can be helpful to meet with a team of different healthcare providers to find what treatments would be most effective for you specifically. This could include a gynaecologist, urologist, pelvic floor physical therapist, neurologist and/or psychologist with expertise in sex therapy."

Talking with your doctor about this may be embarrassing, I realize, and it doesn't help that many doctors are unfamiliar with PGAD. Jackowich actually recommends bringing printouts of information pages and research papers about the condition to your appointment and sharing them with your physician. And if your doc doesn't take your distress seriously and/or refuses to refer you to the specialists you need to see, CA, then you'll have to get yourself a new doctor. (You can find those information pages and research papers at sexlab.ca/pgad, where you can also learn about currently available treatments and join support groups for sufferers.)

"More awareness of PGAD and research on this condition is needed to help understand the symptoms and develop effective treatments," said Jackowich. "If you experience these symptoms and would like to contribute to ongoing research efforts, the Queen's University Sexual Health Research Lab is seeking participants for an online study." To take part in that online survey, go to sexlab.ca/pgad, click on "participate," and scroll down to the "OLIVE Study."

I've rekindled a romance with an ex from a decade ago. We are long distance right now but getting very close. We have one recurring problem, though. She does not like that I am friends with another ex. That ex has actually been a close friend for a very long time and our friendship means a lot to me. Our romantic relationship only lasted a few months. But since we did have a romantic relationship once, my current girlfriend sees my ex as a threat. I have reassured her several times that the relationship is in the past and we are now only friends. But my girlfriend doesn't want me to communicate with her at all. She wants me to unfriend her on Facebook and unfollow her Instagram and at least once a week she asks if we have been in contact. It is hard for me to throw a friend away in order to be in a relationship. Even though I don't talk to my ex/friend all that regularly, I would like the option to at least check in every once in a while. Cutting her out of my life completely feels like a kind of death. I wish there was some way I could find a compromise but this seems to be one of those "all or nothing" things. I also don't like this feeling of not being trusted and fear it could lead to other problems down the line.

— Unhappy Girlfriend Has Sensitivities

I can see why your current girlfriend might feel threatened by your relationship with an ex, UGHS, seeing as she — your current girlfriend — was until very recently just another one of your exes. Since you got back together with her, the green-eyed monster whispers in her ear, what's to stop you from getting back together with your other ex? What the green-eyed monster doesn't say, of course, is that you had every opportunity to get back together with your ex and didn't. And cutting off your ex now doesn't mean you can't get back together with her later. And what's to stop you from getting together with one of the 3.5 billion women you haven't already dated?

You have to take a hard line on this. Tell your current you're happy to provide her with a little reassurance when she's feeling insecure about your ex but you're not going to unfriend or unfollow her or anyone else. You can make an appeal to reason — you wouldn't be with your current girlfriend if you were the sort of person who cut off contact with his exes — but if your current girlfriend is the irrationally jealous type... well, an appeal to reason won't help. Irrationally jealous people are by definition incapable of seeing reason, UGHS, which is why they must be shown doors.

This isn't a sexy question, but you are wise and I am confused. I have been friends with a woman for about 16 years. She's very funny, creative and loves to have a good time. She's also intense, not very bright and my family and friends do not like her around. Now that we're grown we do not see each other often, but I've been glad to maintain a friendship with her and get together now and again. Enter: my wedding. At the reception she made a fool of herself (and me) by going on some strange, racist rant. The racist thing really surprised and disappointed me and when I asked her about it she shrugged it off like, "Oh, just add that to the list of dumb things I do when I'm drunk." Other things she'd done when she's drunk: two DUIs, waking up in jail with an assault charge, having sex with strangers, etc. It's been about seven months since my wedding and I've basically been ignoring her while trying to decide what to do. I love my friend, but I do not want her hurting anyone else on my watch. Do I call her up and end it? See her once a year when no ones around? Ignore her until she dies?

— Loyal To A Fault

Tell your racist friend to give you a call after she gets sober and confront her about her racism then — you know, when she's actually capable of remembering the conversation, reflecting on what you had to say, and perhaps changing for the better. If she can't get both sober and better, LTAF, make sure she isn't registered to vote and then ignore her until she dies.

This week on the Savage Lovecast: Dan chats with our epidemiologist pal about the state of the pandemic, and also with the founder of the Badass Army- a group working to fight for victims of revenge porn.

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